



COUNCIL OF NEIGHBORHOODS

www.meridenncna.wordpress

January 2025 Newsletter

Activities in January

Wed 1st: HAPPY NEW YEAR!!

Thurs 2nd: Meet & Greet Meriden’s City Manager
North Meriden
City Park

7pm Meriden Public Library

Sun 5th: Three Kings Day Celebration

1pm-3pm Meriden Public Library

Thurs 9th: Law Enforcement Appreciation Day!!.....See Below.....

Wed 15th: Dutch Hill

6:30pm First Baptist Church

ECHO

Hillside Gardens

Veteran’s Assoc

Thurs 16th: Westsiders

6:30pm Immanuel Lutheran Church

Action 13

Lewis Ave

Mon 20th: Martin Luther King Day

Thurs 23rd: South Meriden

6:30pm Tom’s Place

Glen Hills

Stagecoach Riders

Crown Village

Meriden Police Dept Tip Lines

If you have any information or tips regarding crime, narcotics, or shootings you can report them anonymously to the Meriden Police Department by either calling or emailing the following:

Major Crime Tips: Telephone (203) 630-6253 Email: mpdtips@meridenc.gov

Narcotic Tips: Telephone (203) 630-6273 Email: mnarcoticsunit@meridenc.gov

Meriden Police Dept: Calls for Service & Interactive Reports

The Meriden Police Dept is offering a new tool to keep residents apprised of the Department’s activities including the calls for service the police department responds to daily. The department is rolling out the first of the interactive reports which will be accessible on the City of Meriden website at:

www.meridenc.gov/city-services/police/interactive-reports

It will be announced as new reports are released and become available on the site [NI Unit & Council of Neighborhoods](#)

Law Enforcement Appreciation Day: Thurs Jan 9th

Law Enforcement Appreciation Day will be celebrated on Thursday Jan 9th. This is a great opportunity to celebrate all that the Meriden Police Department does for us to keep our neighborhoods safe. As you see our Officers please take a moment and thank them for their service to the city. The Council of Neighborhoods will be setting up a breakfast and supper for the Officers to enjoy on Thursday Jan 9th.

Three Kings Day Celebration: Sun Jan 5th 1pm-3pm Meriden Public Library

Join in on the celebration of Three Kings Day on Jan 5th which includes music, refreshments, and gifts for children ages 8 and younger. The event is sponsored by the Carrero Family. Music is provided by LT Cardona and the Cardona Family! For information about the event please call the Meriden Library (203) 630-4621

Meriden City Code: Snow Removal from Sidewalks

As a reminder, as winter weather and storms are approaching per City Code the owner of any premises abutting a sidewalk needs to remove snow from the sidewalk within 12 hours after the storm. Ice needs to be removed within the space of 6hrs thereafter and during the daytime to make the sidewalk safe by removing the ice and covering the sidewalk with sand or a similar product and renew the application as often as may be needed to keep the sidewalk safe. Your cooperation with clearing the sidewalks is greatly appreciated!

Meriden City Parking Lots for snow parking bans:

When a parking ban has been declared the City provides off street parking at:

Columbus Park (Lewis Ave)

Ceppa Field (Gale Ave)

Jack Barry Little League Field (Britannia St)

City Park (Parker Ave/Bunker Ave)

Municipal Lot (East Main St at St Casimir Dr)

79 Miller St (across from the library next to Mr Taco)

116 Cook Ave (across from the old hospital)

Adopt a Fire Hydrant

If there is a fire hydrant near your property, please take the time to clear the hydrant and area around it of snow. By doing so can save the fire department valuable time when responding to a fire and ultimately save a life and limit/prevent damage to a home.

Internet Purchases: Meet Up Spot

The Meriden Police Department wants to remind our residents to protect ourselves when making Internet purchases and sales. There is a "Meet Up Spot" in the Meriden Police Department's front lobby for those in-person transactions. This is a safe location with live video recording and is available 24hrs per day. Please consider using this location when making on line transactions.

Meriden Warming Center

A Warming Center has opened for those in need to keep warm during the winter months from December 2, 2024 to May 1st, 2025 located at the Women and Families Center 169 Colony St. It is open daily 7pm to 7am and is operated by New Opportunities. The warming center will be able to accommodate 30 individuals (male or female) nightly on a first come first serve basis. Singles only. No families. For further information call (475) 261-4236.

Connecticut Emergency Alerting & Notification Systems

If you would like to receive emergency notifications of issues occurring in the city and/or in your neighborhood you can do so by visiting CT.gov and go to "Register for Alerts". You can receive these alerts on your home phone, cell phone or as an email message. Some of the alerts include "Shelter in Place" notifications, imminent threats to health and safety, and life-threatening emergencies.



News from the Meriden Department of Health and Human Services – January 2025

165 Miller Street * 203-630-4226 * www.meridenhealth.com

[“Like” us on Facebook for the latest updates!](#)

Happy New Year!

Happy New Year from all of us at the Meriden Department of Health and Human Services! We wish everyone a happy and healthy 2025!



Connecticut Foodshare Mobile Pantry

NEXT DATES:

Corner of Miller and Center Streets: January 2, 16 and 30 from 1:00-2:00pm.

Mt. Hebron Baptist Church, 84 Franklin Street: January 9 and 23 from 1:15 – 2:15pm.

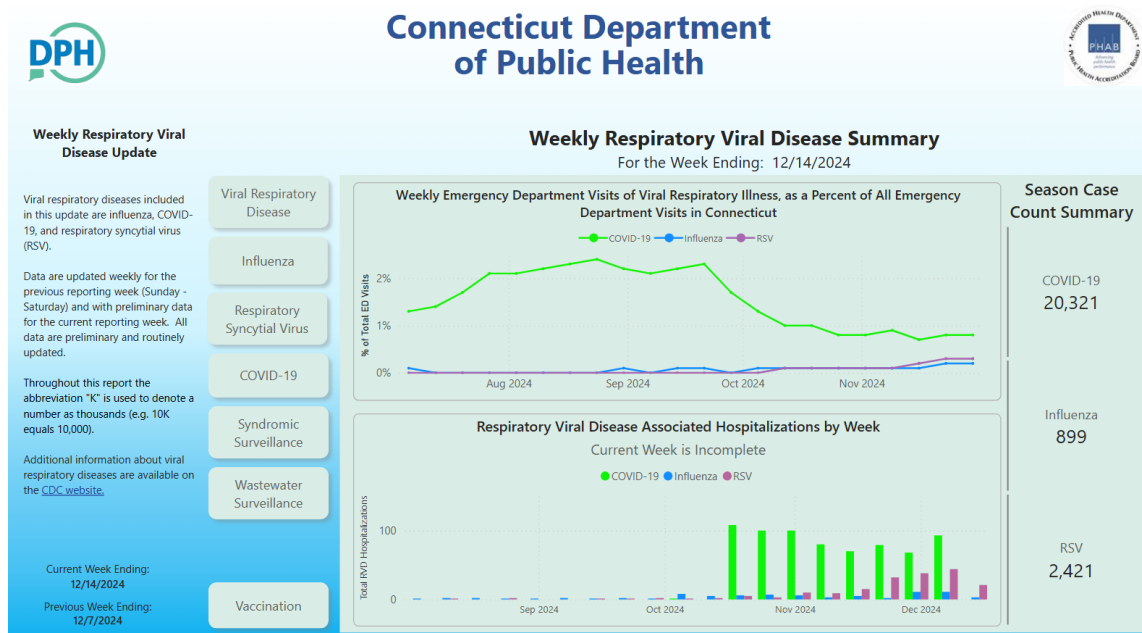
Bring your reusable grocery bags! A full schedule can be found at

<https://mobilefoodpantry.ctfoodshare.org/>



Respiratory Virus Season

The Connecticut Department of Public Health (DPH) conducts surveillance for COVID-19, influenza, and respiratory syncytial virus (RSV). We also monitor lab-confirmed COVID-19 and influenza cases through a disease surveillance system. This data help us to understand the trends associated with each disease as well as the combined impact of these respiratory illnesses, particularly during the fall and winter months. Information on Respiratory Viral Disease Surveillance can be accessed [here](#).



Meet

“Marley” the Meriden Lion!

Did you know our Department has a webpage dedicated to information on childhood vaccinations? This webpage provides information on why childhood vaccines are so important, the vaccines we offer at our Public Health Clinic, flu shot clinic information, and a Frequently Asked Questions (FAQ) section about vaccines. For more information, please visit: bit.ly/ChildhoodVaccinesMeriden.



In addition to our webpage, we have created our very own mascot! Meet Marley the Meriden Lion, a new family-friendly mascot to help engage young children and families at community event. Marley has become the “face” of our childhood immunization campaign with promotional materials including stickers, a banner, cutout of Marley, coloring pages and more.

Social Media Campaign

We have launched a robust social media campaign to provide caregivers with additional information about childhood vaccines and why they are important. In October, our community partners and staff filmed bilingual videos with messages about the importance of childhood vaccines. Featured were:

- Amanda Rochette, Health Aide in our Department
- Deborah Cruz, Deputy Program Officer, Hispanic Health Council
- Dr. Amma Darko, Pediatric Nurse Practitioner, Community Health Center, Inc.
- Dr. Grace Cha, Family Medicine, Hartford HealthCare
- Elizabeth DeMerchant, Public Health Educator in our Department
- Stephanie Denya, Associate Director of Health in our Department

Videos are on our [Facebook page](#) and are being rotated on our [childhood vaccine webpage](#).

New Print Materials

In addition to the FAQ page [on our website](#), we designed new print materials available in English and Spanish to distribute at events. This includes information on our flu shot clinics, questions about vaccines, and the recommended vaccine schedule for children ages 0 through 5 years old.

La Voz Hispana

In November, we ran 2 ads and 1 editorial in La Voz Hispana, a local Spanish-language newsletter, to promote our late night flu clinics and the importance of childhood vaccination. Deborah Cruz, Deputy Program Officer from the Hispanic Health Council, was featured on [K-Pasa](#) on November 26, answering questions about childhood vaccination on behalf of the City.

Ask 4 and Feel Sure Campaign

The Ask 4 and Feel Sure campaign is for parents and caregivers, and aims to empower them to start a conversation with their child’s doctor about early childhood vaccines. Through conversation, vaccine providers can address any questions or concerns parents may have about vaccines before giving vaccines.

Posters were designed in English and Spanish and were distributed to vaccine providers in Meriden.

The 4 questions that were highlighted on these posters were:

- Is my child up to date with the vaccines?
- Can I schedule all their vaccine appointments at once?
- Why are the recommended vaccines important?
- Are translation services available if I need them?

Flu Shots

Protect yourself and loved ones this respiratory virus season by getting your annual flu shot! Our Public Health Clinic is open Monday through Friday from 8:00 am to 4:30 pm.

Free flu shots for Meriden residents, ages 18 and younger, regardless of health insurance status. For adults, the flu shot is \$20 (cash or check). We accept Connecticare, Cigna, Aetna, and other select health insurance plans. Call (203) 630-4234 to schedule an appointment.



Trainings

Adult Mental Health Training

The Meriden Department of Health and Human Services in partnership with Naugatuck Valley Health District is excited to offer a FREE Virtual Mental Health First Aid Training opportunity! The training will be on February 22 from 8:00am - 2:00pm at Naugatuck Valley Health District located at 98 Bank Street, Seymour. This training is open to all Meriden residents and organizations. Participants will be required to complete a 2-hour, self-paced online course before attending the virtual instructor-led sessions. Participants will receive certification from the National Council for Mental Wellbeing valid for 3 years.

To register, please visit: <https://www.surveymonkey.com/r/JHM9RVL>

If you have any questions or concerns, please contact Elizabeth DeMerchant at edemerchant@meridenct.gov or (203) 630-4288.

Save a Life: Overdose Education & Naloxone Training

This training is an essential part of overdose prevention education where participants learn what an overdose looks like and how to reverse one.

You will learn:

- ➔ Signs & symptoms of an overdose
- ➔ What naloxone (Narcan®) is and how to administer it
- ➔ Local resources and support

All attendees will receive a naloxone kit, certificate of completion, and other prevention resources. Training are FREE and open to Meriden residents and organizations.

Upcoming trainings:

- January 7, 2025 9:00 – 10:00 am
- February 5, 2025 5:00 – 6:30 pm*
- March 4, 2025 9:00 – 10:00 am
- April 2, 2025 5:00 – 6:30 pm*
- May 6, 2025 9:00 – 10:00 am
- June 4, 2025 5:00 – 6:00 pm

*Trainings on February 5 and April 2 will include a Hands Only CPR & AED Training (no certification).

Trainings will be held in-person at our office (165 Miller Street).

To register please scan the QR code or call Elizabeth at (203) 630-4288.

NAUGATUCK VALLEY HEALTH DISTRICT PRESENTS:

Adult Mental Health First Aid Training

Mental Health FIRST AID
from NATIONAL COUNCIL FOR MENTAL WELLBEING

In Person Program
Saturday, February 22, 2025: 8:00am to 2:00pm
Naugatuck Valley Health District, 98 Bank St., Seymour, CT
(snow date, March 1st, 2025)
Lunch Provided

Join us for a FREE Adult Mental Health First Aid training where participants will learn how to respond to a mental health crisis using the **Mental Health First Aid Action Plan (ALICE)**:

- Assess for risk of suicide or harm.
- Listen nonjudgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

Participants will be required to complete a 2-hour, self-paced online course before attending the in-person led session. Participants will receive certification from the National Council for Mental Wellbeing valid for 3 years.

MHFA satisfies CT DE&T Approval #CT-66-1702 for 6 EMS continuing education hours

Click Here To Register

or enter this link in your browser
<https://www.surveymonkey.com/r/JHM9RVL>

Questions? Live from CT! NH
Health Educator
ehapp@nhd.org
203-630-4234, ext. 103

Public Health Naugatuck Valley Health District

medical first aid corps



School Readiness

Meriden School Readiness provides affordable, quality childcare slots for 3, 4 and 5 year old children not yet eligible for kindergarten living in Meriden. Programs provide children with a School Readiness experience that can assure they will enter kindergarten ready to learn.



If you are interested in learning more, please call Rhonda Knight, School Readiness Coordinator, at (203) 630-4222 or email her at rknight@meridenct.gov.

Meriden Senior Center

Membership to the Senior Center is FREE for Meriden residents age 55 and over! The October issue of the Meriden Senior Center newsletters is [now available on our website](#).

Transportation Services

The Meriden Senior Center provides free rides to and from the Center, to in-town medical appointments, and scheduled shopping trips. Rides are available for residents age 55 and over and persons with disabilities under age 55. Please call the Mini-Bus Transportation Office at (203) 237-3338 to learn more.

Nutrition Program

A healthy, nutritious lunch is served daily for Senior Center members age 60 and over. There is a nominal fee for members age 55 to 60. Call (203) 630-4704 to learn more. The lunch menu is available in the newsletter.

Newsletters

Our office publishes 3 newsletters:

1. [Senior Center – Connections \(monthly\)](#)
2. [Seasonal Health and Respiratory Virus Updates \(monthly\)](#)
3. [Harm Reduction and Opioid Response \(quarterly\)](#)