



## COUNCIL OF NEIGHBORHOODS

### June 2023 Newsletter

[www.meridencon.wordpress.com](http://www.meridencon.wordpress.com)

#### Activities in June

Thurs 1 <sup>st</sup> : Special Olympics Torch Run North Meriden City Park	11am South Broad St Meriden/Wallingford Town Line 7pm St Peter and Paul Church
Sat 3 <sup>rd</sup> : Special Day for Special People Picnic Summer Concert Series: The Bernadettes Pop Up Market	11am-3pm Hubbard Park 7pm-9pm Meriden Green 4pm-8pm
Fri 9 <sup>th</sup> : Summer Concert Series: Wastin Bullets	7pm-9pm Meriden Green
Sun 11 <sup>th</sup> : American Legion Watch Fire Flag Retirement Ceremony	12pm-3pm 835 Hanover Rd
Thurs 15 <sup>th</sup> Action 13 Westiders Lewis Ave	6:30pm Immanuel Lutheran Church
Fri 16 <sup>th</sup> : Summer Concert Series: Bridgeport Johnny	7pm-9pm Meriden Green
Sun 18 <sup>th</sup> : HAPPY FATHER'S DAY!!	
Wed 21 <sup>st</sup> : Dutch Hill ECHO Lower Eastside Veterans Hillside Gardens Lewis Ave	6:30pm First Baptist Church
Thurs 22 <sup>nd</sup> : South Meriden Glen Hills Crown Village Stage Coach Riders	6:30pm Tom's Place
Fri 23 <sup>rd</sup> : Summer Concert Series: Kansas/Styx/Foreigner Tribute Band	7pm-9pm Meriden Green

#### 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@meridenct.gov](mailto:mpdtips@meridenct.gov)

Narcotic Tips: Telephone (203) 630-6273 Email: [mnarcoticsunit@meridenct.gov](mailto:mnarcoticsunit@meridenct.gov)

#### Neighborhood Initiative Unit: Welcome Officer Murphy!

There has been a change of the NI Unit Officer for the Action 13 and Westiders Neighborhood Associations. Officer Zack Golebiewski has taken a new position within the Police Dept. We thank Zack so much for all of his hard work and dedication to the neighborhoods. We wish him much success in his new role. We welcome Officer Ryan Murphy as the new NI Unit Officer for the Action 13 and Westiders Neighborhood Associations. We look forward to working with Ryan! Please welcome him as you see him in the neighborhoods!

#### 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.meridenct.gov/city-services/police/interactive-reports](http://www.meridenct.gov/city-services/police/interactive-reports)

It will be announced as new reports are released and become available on the site.

### Torch Run for Special Olympics: Thurs June 1st 11am

The Meriden Police Department will be participating in the Special Olympic Torch Run which will take place on Thursday June 1st. Our officers will be accepting the torch from the Wallingford Police Department 11am on South Broad St at the Wallingford Town Line. They will then continue on South Broad St taking a right on East Main St continuing up to Black Pond where they will hand the torch off to the next participating police department. Please come out and cheer our officers on!

### Special Day for Special People: Sat June 3<sup>rd</sup> 11am-3pm

51<sup>st</sup> annual FREE senior picnic Sat June 3<sup>rd</sup> at Hubbard Park hosted by the Meriden Senior Center for Meriden Senior Citizens and residents of extended care facilities. Featuring the music of The Coconuts. Activities to include Antique Veterans Flag Raising, Magic stroll, Bingo and food and beverages. Bring a friend and a folding lawn chair and enjoy the picnic. Rain date June 7<sup>th</sup> 11am-3pm at the Meriden Senior Center.

### Watch Fire Flag Retirement Ceremony: Sun June 11<sup>th</sup> 12pm-3pm American Legion 835 Hanover Rd

The 24<sup>th</sup> Annual Watch Fire Flag Retirement Ceremony will take place on Sun June 11<sup>th</sup>. Doors open at 12pm. Ceremonies start at 2pm and will include guest speakers, dignitaries and various color guards. The event will conclude with the retirement of thousands of flags. All are welcome to attend!

### Summer Twilight Concert Series

The Summer Music Series is resuming at the Meriden Green with the 1<sup>st</sup> concert on Saturday June 3<sup>rd</sup> with the Bernadettes from 7pm to 9pm along with a Pop-Up Market 4pm to 8pm. Other concerts for June include: June 9<sup>th</sup> Wastin Bullets. June 16<sup>th</sup> Bridgeport Johnny. June 23<sup>rd</sup> Kansas/ Styx/ Foreigner Tribute Band. The concerts will be held from June 3<sup>rd</sup> to September 10<sup>th</sup>. Bring a chair or blanket and enjoy the music!

### Meriden Park & Recreation Summer Playground Program

Online registration is now open for the Summer Playground Program. The program will be held from June 26<sup>th</sup> to August 4<sup>th</sup> 8:30am-3:00pm for children ages 6-12. \$60 per week. Space is limited. Free breakfast and lunch will be provided Monday to Friday. Field trips are included in the program. There will be 3 sites: Columbus Park/John Barry School, Hanover School and Thomas Hooker School. For further information call (203) 630-4259 or email: [meridenrecreation@meridenct.gov](mailto:meridenrecreation@meridenct.gov)

### Meriden Public Schools Summer Food Service Program

The FREE Food Service Program for children 18 and under will be held from June 19 to August 18. The Program is offering free lunches at the following meal sites: Lincoln Middle School 11am-11:45am. Meriden Green 11:45am-12:30pm. Columbus Park 12:30pm-1:30pm. City Park 1pm-1:45pm. Due to changes in federal regulations the child must be present to be eligible for a meal, the child's meal must be consumed on site and each child or teen under 18 is eligible for one lunch per day. For more information visit: [www.meridenk12.org/summer meal program](http://www.meridenk12.org/summer%20meal%20program).

### Reporting of Bulky Waste and Graffiti

If you see any bulky waste or graffiti in the neighborhood please report it by completing a Citizen Service Request form on the City of Meriden's website. The form is very easy to fill out and only takes a few minutes to complete and submit to the city. Please improve the quality of life in our neighborhoods and help keep our neighborhoods clean by reporting these matters to the city.

### Meriden Little Free Libraries

Meriden Little Free Libraries is gearing up for another fabulous summer season! We currently have a kids puzzle giveaway. They will be placed at the Hubbard Park puzzle library weekly throughout the summer. The summer reading program is off to a great start thanks to a generous donation of over 600 books from Read to Grow in Branford. The books will have their sticker on the back and will be placed in several of our libraries throughout the summer. So stop by any one of our little libraries sites and pick up a book or two for your summer reading. Our summer selfie contest will be beginning in mid-June. Take your picture by a little free library, post it on our Facebook page and be in the running for a \$5 dollar gift card from Les' Dairy Bar, while supplies last. Please follow us on Facebook at Meriden Little Free Libraries for updates and information.



## News from the Meriden Department of Health and Human Services – June 2023

165 Miller Street \* 203-630-4226 \* [www.meridenhealth.com](http://www.meridenhealth.com)

### COVID-19

#### **COVID-19 Updates**

Starting May 29, 2023, the Meriden COVID-19 Report will be issued twice a month on Fridays and will include other timely health information. Reports can be found on the City's website: <https://www.meridenct.gov/covid-19-information/>



#### **COVID-19 Home Test Kits**

We have a limited amount of COVID home test kits available at no cost for Meriden residents, with an expiration date of August 8, 2023. Please call (203) 630-4221 to arrange for pick up. If you are homebound and cannot pick up please call (203) 630-4288 for assistance.

### CT Food Share Mobile Pantry

The CT Food Share Mobile Pantry in partnership with New Opportunities of Greater Meriden will be in the parking lot on the corners of Center and Miller Streets (next to our building) every other Thursday 1:00 – 2:00 PM. In June, the Mobile Food Pantry will be there on June 8 and June 22.

### Public Health Education

#### **Virtual Narcan Training**

YOU can save a life and reverse an opioid overdose by administering Narcan. Please join us in partnership with Rushford for our monthly virtual Community Narcan Training! Trainings in 2023 will be offered on:

- June 7, 2023 5:30 – 6:30 PM
- July 5, 2023 9:00 – 10:00 AM
- August 2, 2023 5:30 – 6:30 PM
- September 6, 2023 9:00 – 10:00 AM
- October 4, 2023 5:30 – 6:30 PM
- November 1, 2023 9:00 – 10:00 AM
- December 6, 2023 5:30 – 6:30 PM

Participants will receive a Narcan kit, CPR face shield, medication disposal bag, medication lock box, and more! Please register for this training by emailing Elizabeth DeMerchant at [edemerchant@meridenct.gov](mailto:edemerchant@meridenct.gov) or calling (203) 630-4288.

#### **In-Person QPR Suicide Prevention Training**

Please join us on Friday, June 23, 2023 from 10:00 – 11:00 AM for an in-person suicide prevention training where you will learn:

- How to recognize the warning signs of a suicide crisis.
- How to question, persuade, and refer someone to help.

The training will be held at 165 Miller Street on the 2<sup>nd</sup> floor in the Teen Conference Room. Space is limited so registration is **REQUIRED**. For more

#### **FREE In-Person QPR Suicide Prevention Training**

Friday, June 23, 2023  
10:00 - 11:00 AM

Meriden Health Department  
165 Miller Street  
2nd Floor - Teen Conference Room



#### **What You'll Learn:**

- How to recognize the warning signs of a suicide crisis.
- How to question, persuade, and refer someone to help.

Participants will receive a certification as a QPR Gatekeeper upon completing the training.

Space is limited, so registration is **REQUIRED**.  
For more information and to register please contact:

Elizabeth DeMerchant, Public Health Educator  
[edemerchant@meridenct.gov](mailto:edemerchant@meridenct.gov) or (203) 630-4288



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### **Community Hands-Only CPR & AED Training**

Our office in partnership with Yale New Haven Health, will be offering a FREE Hands-Only CPR & AED Training on Thursday, June 15, 2023 from 9:00 – 11:00 AM. The class will be held at 165 Miller Street on the 2<sup>nd</sup> floor in the Teen Conference Room. This training opportunity will teach you how to recognize the signs of cardiac arrest, perform CPR, and utilize an AED. **Class size is limited**, please call Mike at (203) 630-4221 to register.



The poster features a large red heart with a white ECG line. Below the heart, the text reads: "Hands-Only CPR & AED Training". Underneath, it states: "This free training opportunity will teach you how to recognize the signs of cardiac arrest, perform CPR, and utilize an AED." and "Learn Life-Saving Skills From The Experts". The date and time are listed as "Thursday, June 15, 2023 9:00 - 11:00 AM". The location is "Meriden Department of Health and Human Services, 165 Miller Street, 2nd Floor, Meriden, CT, Teen Conference Room". It also includes the text "Class size is limited" and "Please call Mike at (203) 630-4221 to register". Logos for the American Red Cross and Yale New Haven Hospital are at the bottom.

## **Meriden Senior Center**

The June issue of the Meriden Senior Center newsletters is now available on our website. Highlights include the Special Day for Special People picnic on June 3, a Father's Day Celebration on June 15, and a lunch trip to K LaMay's. Read the newsletter here: <https://tinyurl.com/mpkpvnpq>

### **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, as well as rides for persons with disabilities under age 55. Please call the Mini-Bus Transportation Office at (203) 237-3338 to learn more.

### **Nutrition Program**

The Meriden Senior Center provides a healthy, nutritious daily meal 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.

## **Environmental Health**

### **Lyme Disease**



**Myth:** It is easy to see a tick.

**Fact:** A deer tick is about the size of a pinhead. Once attached, the tick will become engorged with your blood and be about the size of a sesame seed. Either way, they are very tiny and require you to do a close check of your entire body to make sure a tick is not attached.

**Myth:** Only Deer carry the tick that can cause Lyme Disease.

**Fact:** The deer tick will also feed on the field mouse, birds, dogs, and people. You don't have to actually be in the woods in order to become exposed to the tick. Make sure you check all pets for ticks. Any time you are in a grassy area, especially by woods or over grown areas, you need to be aware that the area most likely contains hungry ticks just waiting for someone to brush against them so they can crawl on to you, attach themselves and start feeding.

**Myth:** All ticks can cause Lyme Disease.

**Fact:** There are many types of ticks, including the dog tick and wood tick. Only a deer tick that is infected with the Lyme Disease spirochete can cause Lyme Disease. The tick must stay attached to you for a minimum of 24

hours in order to transfer the spirochete and cause Lyme Disease. That is why it is so important to check yourself after you are involved in any activity that may put you at risk.

**Myth:** You will always develop a bulls-eye type rash if a tick bites you.

**Fact:** Only 70 percent of people with Lyme Disease actually develop a rash at the bite site. You may start to develop flu-like symptoms such as fever, headache or overall weakness. Advanced Lyme Disease symptoms can also cause stiffness in your joints and you may think you have arthritis. Lyme Disease is a serious illness and you should seek medical care if you suspect you have Lyme Disease.

**Myth:** You can remove a tick with a match or petroleum jelly.

**Fact:** If you try to remove a tick with a match you will only burn yourself! Petroleum jelly will not remove the tick as its head is beneath your skin and drinking your blood. You must use a tweezers to remove the tick, making sure that you place the tweezers next to your skin and remove the entire tick, head and all, by pulling slowly. You should then wash the area with soap and water, monitor the site for a rash and pay attention to any flu like symptoms.

Now that we have refreshed your memory, let's talk briefly about what you can do to prevent Lyme Disease. Wear light-colored clothing so you can more readily see if a tick may have hitched a free ride in search of a meal. Tuck the bottom of your pant legs into your socks so the tick can't crawl inside your pant leg. Use insect repellent on your clothes and skin, but be careful, use a product that contains no more than 30 percent DEET (usually listed as the first ingredient on the product label). Thoroughly check your body when you get home, and wash all clothing that has been sprayed (don't forget to take a shower too).

What happens if you find a tick even after you followed all the precautions? First, remove the tick and then place the tick in a container and take it to City of Meriden Department of Health and Human Services 165 Miller St., Environmental Health Office. We will send it to the Connecticut Agricultural Experiment Station laboratory in New Haven test the tick for the bacterium that causes Lyme Disease as well as Anaplasmosis and Babesiosis. Remember, not all ticks cause Lyme Disease.

If you suspect you have Lyme Disease, contact your medical provider. We are available to answer questions concerning Lyme Disease, please contact us at (203) 630-4226. Have a safe and tick free season.

## **School Readiness**

Meriden School Readiness provides affordable, quality child care slots for 3 and 4 year old children 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](mailto:rknight@meridenct.gov). Or, you can fill out the Google form on our website and we will contact you: <https://www.meridenct.gov/city-services/social-services/meriden-school-readiness/>.

