it’s all here!

MIDDLETOWN

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TO THE CITY OF MIDDLETOWN!

It is with great pleasure that I present to you the new edition of our Middletown Community & Business Guide. We created this brochure to give you a taste of our wonderful city. Please look inside to meet the great people and special places that make Middletown so interesting.

With so much to show and tell, I suggest that you visit our website: www.cityofmiddletown.com to view our Middletown Tour Movies to keep up with all things Middletown. Inside we’ve also included many websites to help you explore our city.

I look forward to seeing you soon in Middletown,

Sebastian N. Giuliano
mayor@cityofmiddletown.com

I know that Middletown is a place where your business can grow.

The Middlesex County Chamber of Commerce is dedicated to making sure that every member has every opportunity to grow and prosper.

The Middlesex County Chamber of Commerce is the largest and most effective business advocate in Connecticut—just ask any of our 2,500 member companies.

Are you interested in getting ahead? Give me a call and I will show you how to succeed and prosper with the Chamber on your team.

Larry McHugh
President
lmchugh@middlesechamber.com
“The Sun Always Shines in Middlesex County”

City Hall • 245 deKoven Drive, Middletown, CT 06457 • (860) 344-3401 • www.cityofmiddletown.com

Middletown is located in the center of Connecticut, just south of the state capital in the Heart of Southern New England.

Middletown is 15 miles from Hartford, 100 from New York City and 115 from Boston with direct access to Interstate Route 91 and Route 9. The Providence & Worcester Railroad offers freight rail services. The city is located on the Connecticut River with access to commercial barge transport and pleasure boating. Just 25 miles from Bradley International Airport and 15 miles to Brainard Airport – in Hartford and 25 miles to Tweed Airport in New Haven. Local bus service is provided by the Middletown Transit District.

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This busy city center is home to professional services, offices, churches, Middlesex Hospital and Wesleyan University. With dozens of international restaurants, Main Street Middletown is known as the place to dine in Central Connecticut. Downtown entertainment ranges from a 12-screen Cineplex to small clubs and coffeehouses that often feature live entertainment. Students and professionals fill the cafes and take advantage of the free WIFI on Main Street. In summer, al fresco dining is popular at many of Main Street’s restaurants.

Kids
Families love to explore longtime favorite (since 1940!) Amato’s Toy & Hobby Store (www.amatostoyandhobby.com) or play together at the amazingly creative, hands-on Kidcity Children’s Museum (www.kidcitymuseum.com). Children and young adults can enjoy watching or participating in the magic of youth theater at Oddfellows Playhouse (www.oddfellows.org). Wesleyan University’s Green Street Arts Center (www.greenstreetartscenter.org) is a unique collaboration among Wesleyan University, the City of Middletown and the greater community where people of all ages gather to explore visual, performing and media arts through classes, performances and more.

Arts
An “arts-centric” community, Middletown has a rich and diverse cultural life. Wesleyan Potters (www.wesleyanpotters.com) is a non-profit cooperative guild founded in 1948. It offers classes year-round in pottery, jewelry, weaving and crafts plus lectures, exhibits, and other events, including their popular annual “Gifted Hands” Show & Sale! Ursel’s Web (urselsweb.homestead.com) offers custom framing, a gallery of artwork by local artists, plus events and exhibitions. In conjunction with the Middletown Art Guild (www.middletownartguild.org), they feature a new artist every month. Middletown Framing (www.middletownframing.com), in business for over 30 years, offers custom framing plus original art, fine prints and framing classes.

Wesleyan University’s Center for the Arts (www.wesleyan.edu/cfa) is an amazing cultural resource. Known for its world music, film studies and other arts programs, Wesleyan offers “world-class and cutting-edge arts experiences” to the public, including visual art exhibitions, dance and theater performance and concerts. Wesleyan boasts a music hall, theater, cinema and
several galleries, including the Mansfield Freeman Center for East Asian Studies, Davidson Art Center and the Ezra and Cecile Zilkha Gallery. The Center for the Arts presents a wide variety of events and exhibitions, ranging from student and faculty works to internationally acclaimed ensembles.

“On a national level, people are realizing that Middletown’s Wesleyan University is giving birth to a conspicuously large number of excellent musicians ... [with] success trajectories [that] often border on meteoric....”

Dan Barry, The Hartford Advocate, March 31, 2009

The Buttonwood Tree (www.buttonwood.org) is a well-known North End used bookstore that evolved into a versatile arts venue, performance studio, and exhibit space. You can still buy books there, but The Buttonwood Tree draws performers and audiences from all over the region and provides a haven for artists of all sorts.

“With a substantial number of restaurants in the downtown area, Middletown has established a solid reputation as a premier dining destination in the state.”

Richard Kearney, Economic Development

Eats
Middletown has become a destination for adventurous diners, and the city’s restaurants have garnered rave reviews from critics. Middletown offers more than 100 eateries and restaurants, with 36 located in the Downtown Business District.

Diners can sample Italian, Japanese, Thai, Indian, Middle Eastern, Mexican, Chinese cuisine and more. In addition, cafes, bars & pubs, ice cream shops, bakeries, a chocolatier, a green grocer, a health food store, a vegetarian restaurant and a famous silver diner called O’Rourke’s offer a wealth of options for eating and drinking. In the summer, many establishments offer al fresco dining with patio or sidewalk tables. Celebrity also belongs to O’Rourke’s Diner (www.orourkeisdiner.com), A North End icon since 1941, O’Rourke’s was devastated by a fire in 2006 and was resurrected by an entire community that
Middletown’s vibrant business community raises the bar for the City’s exceptional quality of life for all, including residents, employers, employees and visitors.

CPTV’s Emmy award winning show called “Eating CT,” which features restaurants (and communities) throughout the state, Host Jason Hawkins of “… A taste of [Middletown’s] exploding dining scene.” He visited 10 different restaurants and declared, “This place is a virtual United Nations of restaurants featuring Italian, Chinese, Japanese, Indian, Thai and pretty much anything else you’ve got a craving for…”

raised funds and volunteered work to help reopen the restaurant. In 2008, O’Rourke’s was featured on The Food Network’s “Diners, Drive-Ins & Dives.” Another city diner is Ford News (www.fordnewsdiner.com) a favorite breakfast spot for local politicos and the place to get the scoop on all things Middletown.

Another Middletown original, It’s Only Natural (www.ionrestaurant.com) is a vegan restaurant that grew out of a food co-op over 30 years ago. Enjoy ION’s great tasting, healthy food, funky vibe and local art. And don’t miss Forbidden City Bistro (www.forbiddencitybistro.com), a Zagat top-rated and Wine Spectator award-winning Chinese restaurant that is elegant, sophisticated and utterly unique. There’s much, much more for you to explore with the wealth of tastes in Middletown.

Middletown’s unique combination of history, arts & culture, diverse shopping & dining, and natural & urban spaces make it an ideal place to welcome guests for weddings, reunions, events, corporate outings and tourism. Without being overwhelming, there truly is something for everyone in Middletown.

The Downtown Business District (www.middletowndowntown.com) How does Downtown Middletown do it all so well? With so many things to do and see in Downtown Middletown, keeping our best foot forward is a full time job. Our Downtown Director and Main Street Guides are out and about making sure that your visit is top notch. We can help you plan a meeting, celebration, reunion or your wedding. And, we can help you plan a wonderful night on the town, a romantic dinner and a stay in our fantastic Inn. Bring the family—we have plenty of fun places for the little ones. Are you a fan of Downtown? Give the taste of Downtown Middletown with DBD Dollars Gift Certificates. Like to know more? Contact us, we have the keys to downtown. Can’t wait? Check out our online brochures, maps and lists of our favorite places.

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We power dreams in the Middletown area by providing access to innovative technology, volunteering our time, giving financial support and partnering with great organizations, like the Middlesex Central CT Chapter of the American Red Cross, Middlesex United Way, Middlesex YMCA and Middlesex County Chamber of Commerce, as well as supporting programs that focus on literacy, like Middlesex Hospital’s “Reach Out and Read” program.
Events & Weddings

Lady Katharine Cruises (www.ladykatecruises.com) is a dinner cruise boat that offers a memorable and picture perfect experience while cruising down the Connecticut River. Docking at Harbor Park Landing, Lady Katharine Cruises offers private charters for weddings, business events and special celebrations plus public cruises, including Sunday Brunch, Dinner, Lunch, Entertainment cruises and special events.

The Inn at Middletown (www.innatmiddletown.com) offers 100 beautifully appointed guest rooms and suites, indoor pool, fitness center, valet parking, room service, complimentary high speed internet access, and the Tavern at the Armory restaurant. A popular Italian restaurant, First and Last Tavern on Main Street is one of many venues that offer banquet or function rooms for rehearsal dinners and other group gatherings.

The Wadsworth Mansion at Long Hill (www.wadsworthmansion.com) is the quintessential setting for a wedding or special party. The website offers beautiful photographs and a list of preferred professionals for inspired planning. This gracious historic building (“on par with the ‘cottages’ of Newport, RI”) and grounds is also a venue for community events such as seasonal Open Air Markets and outdoor concerts. The surrounding parklands and several nature trails are open to the public daily, and docent-led historical tours of the Mansion are available on Wednesday afternoons. Please call to confirm the tours are being held.

Created by the Middlesex County Historical Society, the Middletown Heritage Trail is the city’s first permanent exploration of Middletown’s illustrious and diverse past through a series of colorful illustrated plaques. This walking tour features more than 20 sites of historic significance in the Middletown’s downtown. Free brochures (with map) are available at the General Mansfield House, Police Station, Russell Library, and the Middlesex County Chamber of Commerce.

The Middlesex County Historical Society (www.middlesexhistory.org) is headquartered at a Federal brick mansion called the General Mansfield House. It is one of the few residential structures still standing on Middletown’s Main Street. Founded in 1901, the Historical Society provides programs for adults and children, including museum exhibits, historic graveyard walking tours, vintage baseball games, and Civil War re-enactments. Its extensive collections include art, textiles, photographs and other objects plus genealogy archives.
Why Middletown?
- A steady growth in labor force and employment created by new and expanding businesses
- Over one million square feet of commercial space has been created in Middletown in the last decade
- Strategically planned land-use carefully balances more than 2,000 acres of commercial/industrial-zoned land
- 17% of the city’s grand list is comprised of commercial and industrial uses

Business Development Assistance
Starting or expanding a business in Middletown is easy as contacting the City of Middletown and the Middlesex County Chamber of Commerce. We work together with you to expedite your business plans, employment needs and site development approval. Whether you are locating to Middletown or expanding your business, contact our team of planning and development specialists to get your project on the right track.

Middlesex County Chamber of Commerce (www.middlesexchamber.com)
The Chamber works to make your business relocation or expansion effective. The Chamber, advocate for 2,400 member firms, offers business members educational and networking opportunities and community outreach through events and the media.

Middletown Small Business Development Center. The Center provides free professional, individual counseling for existing and prospective Middletown businesses including all facets of business development, all functional areas of business management, pre-venture feasibility, the business plan, marketing, record keeping, financial planning, production, preparation of financial documentation for loan packaging, and general management.

Looking for the right place to set up shop?
The Interstate 91 Trade Zone industrial and office parks including Millennium Business Park (www.discalas.com), Liberty Commerce Park and new offices at Centerpoint Connecticut (www.centerpointct.com) and Roscommon Park. New medical office buildings are available on Saybrook Road in the Heritage Medical Center.

Shopping Centers
Tradewinds Shopping Center (www.TradewindsShoppingCenter.com) on Saybrook Road, Middletown & Washington Plazas on Route 66 and in Downtown Middletown Metro Square, Riverview Plaza, Plaza Middlesex

Downtown Business District
Downtown Business District (www.downtownmiddletown.com). Moving your business to Downtown Middletown? Contact our Downtown Director at (860) 347-1424 to find the right location to connect with a marketplace full of new customers. We support our local businesses with an aggressive package of marketing, media outreach and an exciting calendar of community events.

Business Incentives
City of Middletown www.middletownplanning.com
- Tax and Business Incentive Program
- REINVEST Loan Program
- JOBS Loan Program
- Middletown’s Enterprise Zone Program

The Middlesex County Revitalization Commission focuses on the revitalization of manufacturing and commercial districts. The commission administers a Revolving Loan Fund, designed to encourage business growth and the retention or creation of jobs in the region.
Wellness

Healthy Living
Middletown’s considerable natural resources include 8 miles of Connecticut River waterfront, which features the 2.6-acre Harbor Park, with benches, picnic tables and a boardwalk. Fishing, boating, seasonal excursions on Lady Katharine Cruises, and dining, drinks and entertainment with water views at Harbor Park Restaurant & Lounge are enjoyable riverside activities. Harbor Park is also home to the boathouse for Middletown High and Wesleyan University crew teams. The Annual Head of the Connecticut Regatta and the July 4th fireworks show are popular annual events on the river.

The City’s Parks & Recreation Department maintains over 30 different venues, including parks, playgrounds, sports fields, nature/walking trails, scenic areas, natural water features for swimming, fishing & boating, a public pool and more. The department also provides year-round activities for residents of all ages. Visit www.cityofmiddletown.com for more information.

The Middletown Conservation Commission’s Trail Guide (www.middletownplanning.com/documents/MdtnTrailGuide.pdf) is a comprehensive guide to the city’s 3,500 acres of open space, describing numerous locations for walking, cross country skiing, nature study, biking, jogging and even canoeing and kayaking. Downtown Middletown is a great place to explore and get some exercise. Download the “Middletown in Motion” North End Walking Tour map at www.neatmiddletown.org/nendtrail.pdf.

The Northern Middlesex YMCA (www.middlesexymca.org) at the southern end of Main Street offers a fitness center, swimming pool, adult fitness classes, youth programs including sports, before and after school care and summer camps, and a youth center for study and a gathering place. In the center of Main Street, Pedal Power (www.pedalpowerct.com) is Middletown’s bike shop. It sponsors the Middletown Cycling Club, which offers organized rides and cycling events for all ability levels. Pedal Power also offers weekly group rides plus repair/maintenance workshops.

Yoga in Middletown (www.yogainmiddletown.com) studio offers classes and workshops for all levels of yoga practitioners. WOW Fitness (www wowfitness.org) has over 100 pieces of cardio workout equipment in addition to strength equipment, a juice bar, stretching area plus tanning and personal training. It Burns Fitness (www.itburnsfitness.com) designed for women and run by women offers personal training and nutrition counseling plus group fitness classes.

Middletown is home to the award winning Middlesex Hospital (www.middlesexhospital.org), the place residents in greater Middlesex County look to for all their health needs. Middlesex has been named among the top one hundred hospitals in the nation for two years running by Thompson Reuters®, and is listed by HealthGrades® as being among the top 5% of the safest hospitals for patients. Every day, Middlesex Hospital proves its commitment to continuing excellence and providing the most updated, state-of-the-art medical attention for its patients.

Middlesex Hospital is a not-for-profit patient-focused health network where state-of-the-art technology is combined with an uncommon level of personal concern for patients and families. Since 1904, the resources of Middlesex Hospital have been focused entirely on the health needs and priorities of the residents of the communities in Greater Middlesex County. Middlesex Hospital operates more than 30 inpatient, outpatient, primary care and emergency facilities throughout Greater Middlesex County.
Healthy Mind
Middletown offers all aspects of wellness services, including some of the state’s leading treatment centers for mental health and substance abuse. The Rushford Center ([www.rushfordcenter.org](http://www.rushfordcenter.org)) has provided treatment services to thousands of children, adolescents, adults and families since 1975. The Connection ([www.theconnectioninc.org](http://www.theconnectioninc.org)) is a non-profit agency that started as a halfway house in 1972. The Connection has grown to become a statewide leader of community-based treatment programs to combat abuse, neglect, addiction, and crime, with over 30 programs run by a staff of 400.

Run by Connecticut’s Department of Children & Families, Riverview Hospital for Children and Youth is the only state-administered psychiatric hospital for children under age eighteen. Located on River Road in Middletown, the hospital is widely recognized as a center of excellence for family-centered treatment of children and youth with serious emotional disturbances.

Senior Living
Middletown’s elders are fortunate to have many quality healthcare and living options, including One MacDonough Place—an assisted living facility located in the heart of the city. One MacDonough Place ([www.midhosp.org](http://www.midhosp.org)) offers seniors personal care and household services in the privacy of their own apartments. Residents enjoy all the benefits of independent living – with the security of knowing that caring, skilled assistance is available whenever it is needed. Owned by Middlesex Health System, One MacDonough Place represents the hospital’s ongoing commitment to meeting the needs of seniors and their families.

Water’s Edge Center for Health & Rehabilitation ([www.watersedgerehab.com](http://www.watersedgerehab.com)) is a skilled nursing facility offering short-term rehabilitation, long-term care, and a secured dementia unit. In addition to residents coming from nearby Middlesex Hospital, Water’s Edge also services the greater Hartford and New Haven medical communities. The facility recognizes the importance of intensive short-term rehabilitation.

St. Luke’s Eldercare ([www.stlukeshome.org](http://www.stlukeshome.org)) provides outreach support services to more than 500 homebound seniors annually in Middletown and surrounding communities. St. Luke’s has developed a volunteer service that provides valuable support services to over 150 homebound, low-income elderly.

The Village at South Farms ([www.benchmarkquality.com](http://www.benchmarkquality.com)) on Saybrook Road in Middletown offers Independent or Assisted Living, Alzheimer’s and Respite/Short Term Care at a “cozy, country estate” with panoramic views of the Connecticut River Valley.

Quality care, administered with dignity and respect by caring professionals in your neighborhood. That’s Water’s Edge.

Our community is proud to offer:
- Private Rooms
- 24 Hour Skilled Nursing Care
- Hotel-Like Amenities
- Wi-Fi
- Physical, Occupational and Speech Therapy
- Orthopedic Injury and Post-Surgical Care
- Stroke & Cardiac Rehabilitation
- Wound Care Management
- Hospice Care
- Respite Care for Loved Ones of Vacationing Caregivers
- A Secured Floor Specializing in Dementia/Alzheimer’s Care

Call 860.347.7286 to arrange a tour of our community and meet our caring staff of professionals.

Water’s Edge
Center for Health & Rehabilitation
Committed to quality care, focused on patients and families.

111 Church Street
Middletown, CT 06457
860.347.7286 • Fax 860.346.5589
www.WatersEdgeRehab.com

Photo courtesy of, One MacDonough Place.
Blue Dragon Pride

Middletown boasts a brand new, award-winning Middletown High School and Vocational Agriculture Center. This $110 million, 282,000-square-foot facility is the largest construction project in the city’s history. It includes an entire wing devoted to vocational agriculture as well as a gym that can seat 1,400, competition level swimming pool, a media center, 90-seat lecture hall and 700-seat performing arts center. The latest in technology ranges from classroom computers and state-of-the-art communications and teaching tools to a fuel cell that provides a renewable energy resource and keeps operating costs down. The new high school is clearly the crown jewel, but pride in quality education is district-wide (www.middletownschools.org) and extends to 8 elementary schools, 2 middle schools, and a vibrant adult education program. At its Main Street and 4 other locations, Middletown Adult Education provides academic programs, early childhood classes, family education, job training, workplace education, enrichment, counseling and assessment services for over 6,000 adults in Middletown and surrounding towns (www.middletown-adulted.org).

In 2009, Middletown Public Schools received a Partnership Award from the National Network of Partnership Schools at Johns Hopkins University. This award is one of six to be presented to school districts nationwide and recognizes efforts to welcome all families into the district and to increase student achievement. There are dozens of different team sports (www.middletownsports.org) available for Middletown High School boys and girls.

Football, baseball and swimming are some of the most successful and popular for both Blue Dragons athletes and fans. Palmer Field Baseball Stadium is one of the Blue Dragons Baseball Team’s home venues. Palmer Field is also home to American Legion Baseball and twice has hosted the Legion World Series.

EDUCATION

“...and I have to say the place is fab-oooo-looous!”
Courant.com, Melissa Pionzio, iTowns Host, August 14, 2008

Middletown’s Youth Soccer program (www.middletownsoccer.org) is also a very active sports organization. This community group began informally in 1973 and incorporated in 1985. Today over 1,200 members participate on 60+ teams, playing over 300 games per fall season.

Educational Options

The Middletown area draws students from throughout central Connecticut to its popular private schools. The Independent Day School (www.independentdayschool.org) is a co-educational independent school founded in 1960 that educates approximately 220 students from early childhood through eighth grade. Emphasis is placed on an academically challenging curriculum integrated with a supportive environment, including small class sizes to allow for individual attention and cooperative learning.
Xavier High School (www.xavierhighschool.org) is a private, Catholic college-preparatory high school for young men founded in 1963 by the Xaverian Brothers. Xavier’s “sister school” is Mercy High School (www.mercyhigh.com), a private, Catholic college-preparatory high school educating approximately 700 girls. Mercy provides a “disciplined academic environment and a sound liberal arts background.” Both schools’ educational programs integrate academic, religious, athletic and extracurricular programs with experiences for spiritual growth and community service.

Vinal Technical High School (www.ctech.org/vinal) is part of Connecticut’s Technical High School System. Vinal Tech offers trade or technology training in 11 areas and prepares students for post-secondary education, apprenticeships, or immediate employment. This educational experience strives to provide students with academic success in addition to mastery of a trade.

Middlesex Community College (www.mxtc.commnet.edu) educates over 2,200 full and part-time students on 3 campuses and offers a fine, affordable post-secondary education for people of all ages. The main 38-acre campus in Middletown overlooks city and the Connecticut River. MCC students can earn associate degrees in more than 20 major areas or certificates in programs that lead to further education, employment and active citizenship. The college also offers credit-free courses to more than 1,700 Continuing Education students.

Library
Middletown’s Russell Library (www.russelllibrary.org), which won the 2009 Excellence in Public Library Service Award from the Connecticut Library Association. According to the CLA, “The Russell Library offers in incredible depth and breadth of programs and services to the over 47,000 residents of Middletown and the surrounding area.”

“MIDDLETOWN is a great place because it attracts great people. With its fine restaurants, beautiful river views, top-flight hospital, dynamic arts organizations and a great university, it is the essential city in the Connecticut River Valley.”

Michael S. Roth, President
Wesleyan University

Higher Education
Wesleyan University (www.wesleyan.edu) was founded in 1831 and has always been an integral part of Middletown’s community. Today, this prestigious liberal arts school educates 3,200 undergraduate and graduate students hailing from all over the world. Students study in over 44 major fields on a 290-acre campus located in the heart of the city. Wesleyan’s students, faculty and arts community add a sophisticated, intellectual and artistic flair to Middletown’s already diverse atmosphere.

NRG Energy, Inc. is a competitive energy provider with locations throughout the United States and Internationally. NRG is a wholesale power generation company, primarily engaged in the ownership and operation of power generation facilities and the sale of energy, capacity and related products.

We believe companies whose values are built into their strategies and practices are companies that are built to last.

NRG believes in safety, entrepreneurial spirit, ethics, environmental responsibility and in the community of Middletown.

Middletown Power LLC.
NRG Energy Inc.
Middletown, CT 06457
www.nrgenergy.com
We’re proud to be a part of this uplifting community.

Pratt & Whitney proudly backs its friends, neighbors and businesses in Middletown. We’re pleased to support the city that has served as a launch pad for our success.

It’s in our power™

Pratt & Whitney
A United Technologies Company
www.pw.utc.com
Connecticut’s only Top 100 Hospital two years running!

Quality of care and patient safety are just two of several categories considered when hospitals throughout the country are evaluated for the Thomson 100 Top Hospitals® National Benchmarks for Success award. And this year, Middlesex Hospital is the ONLY hospital in Connecticut to hold that distinction.

You see, patient safety, excellence in quality care, efficiency and financial stability all result in better patient outcomes and medical care for the community, which is exactly what you should expect from your hospital.

At Middlesex Hospital, we know that whether you visit us just once or often, you’ll get the kind of superior care you deserve. It truly is health care the way you prescribe it.

Middletown • Essex • Marlborough
Centrally Located in the Heart of Connecticut!

✓ Relocate & expand to new markets
✓ Increase your profits
✓ Build upon existing industries: healthcare, education, aerospace, tourism

MIDDLETOWN OPPORTUNITIES
RIGHT TURN

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Middlesex County Chamber of Commerce
393 Main Street, Middletown, CT 06457
(860) 347-6924 • www.middlesexchamber.com

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