Senator Jan Hochadel has prioritized the well-being of Connecticut residents and worked to improve the quality of education since 2022, when she was elected to represent Meriden and parts of Cheshire, Middletown, and Middlefield.

As the Senate chair of the legislature’s Aging Committee, she has led the passage of critical policies aimed at improving the quality of life for Connecticut’s seniors.

Laws championed by Senator Hochadel now require greater access to services for seniors wishing to age in place and increased transparency around the quality of care they receive. Her efforts have resulted in substantial reforms aimed at the state’s nursing home facilities and broader state oversight of the industry, ensuring that elderly residents receive the respect and care they deserve.

In addition to her work on elder care, Senator Hochadel has been instrumental in securing millions in funding to support education throughout Connecticut. Her commitment to enhancing educational opportunities is rooted in her background as an educator.

Before taking office, Jan taught science at Connecticut schools, including Stamford’s Wright Technical High School, where she was teacher of the year in 2006-2007. She also served as an 8th-grade Summer Enrichment Program instructor at Norwalk Community College.

Senator Hochadel’s dedication to advocating for workers' rights began during her tenure as an engineer at companies like Omega Engineering in Stamford and Pfizer in Wallingford and New York. This commitment culminated in her becoming president of the American Federation of Teachers Connecticut in 2015. In this role, she has represented 30,000 members, ensuring fair pay, healthcare, safe working environments, a voice in the workplace, and dignified retirement conditions.

She has also worked closely with the state legislature and served on the negotiating team for the State Employee Bargaining Agent Coalition. Additionally, Jan holds national leadership positions as a Vice-President of AFT in Washington, D.C., and Co-Titular of the Americas for Public Service International.

Jan is a proud mother of three and has lived in Connecticut since her days as a student at the University of New Haven, where she earned a degree in mechanical engineering. She also holds a Master of Science degree in Education and a Sixth Year Diploma from Sacred Heart University in Fairfield.