

# eNEWS

3600 Kirchoff Road | Rolling Meadows, IL 60008 | 847-394-8500 | [www.cityrm.org](http://www.cityrm.org)

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VOLUME 7 ISSUE 3



## INDEPENDENCE DAY CELEBRATIONS DASHED BY CORONAVIRUS CONCERNS

Rolling Meadows' 4th of July parade and fireworks have been called off, after City officials determined it was not feasible to move forward with two of the City's most popular events in the midst of the COVID-19 pandemic.

"After much deliberation, City Council and staff have decided that it is in everyone's best interest to not move forward with Independence Day festivities," explained Lori Ciezak, Assistant to the City Manager and Community Events Foundation Liaison. "The nature of these events, in which people congregate closely in large groups, makes it extremely difficult to maintain current social distancing guidelines and ensure the safety of parade participants and spectators," she added.

Event planners explored multiple options for holding the events – even considering alternate parade routes that might minimize large gatherings – before making the decision.

### Fireworks Rescheduled for October

While parade spectators will have

to wait until next year, the City's fireworks display has been rescheduled for October to coincide with this year's National Night Out celebration. That event, originally set for August 4th, will be held Tuesday, October 6th, 6:00 – 8:30 pm, at the Community Center.

Ciezak says the new NNO date was chosen by the National Association of Town Watch, which introduced National Night Out in 1984. Rolling Meadows plans to participate in the global event, but the celebration will likely be on a smaller scale than in prior years.

### Implement Safeguards for Events

As the City moves forward with a [revised schedule of Community Events](#), planners have instituted a series of COVID-19-based safeguards to ensure attendees' safety. They include:

- Adhering to the latest guidelines from federal and state health officials regarding recommended crowd sizes.

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## DRIVE-THRU COVID-19 TEST SITE OPENS AT ROLLING MEADOWS HIGH SCHOOL

A coronavirus drive-thru testing site opened at Rolling Meadows High School on May 22nd for residents experiencing COVID-19 symptoms or who face a greater risk of becoming ill – especially those with compromised immune systems or serious chronic medical conditions.



Testing, overseen by the Illinois Emergency Management Agency (IEMA), is also available for government employees, healthcare workers, first responders, and people who work in "critical infrastructure" industries, such as grocery stores and correctional facilities.

Motorists may access the testing area, located at 2901 Central Road, by traveling north on Barker Avenue and turning east onto Central. Once testing is completed, residents will exit the lot and drive eastbound on Central.

Rolling Meadows is one of 10 community-based testing sites (CBTS) established throughout Illinois. Others are located in Aurora, Bloomington/Peoria, Champaign, Chatham, Harwood Heights, Markham, Rockford, Waukegan, and the Metro East area outside St. Louis.



## SUPPORT LOCAL RESTAURANTS & BUSINESSES

WHILE SOCIAL DISTANCING



SHOP/ORDER ONLINE



DRIVE-THRU, CURB-SIDE or TAKE-OUT



ENGAGE ON SOCIAL



LEAVE REVIEWS

## SHOP & DINE, SOCIAL DISTANCING-STYLE

There's never been a better time to support Rolling Meadows' local businesses. In an age of social distancing, here are a few simple ways to help local stores and restaurants during this challenging time:

### 'Shop local' online.

Enjoy local products and services without having to leave the comfort of your home. Surf the web and load your online shopping cart with gift cards and goods from your favorite shops.

### Order takeout or delivery.

Enjoy a "taste" of Rolling Meadows' restaurants – many of which remain open to fulfill phone orders. Stop by and pick up your meal or have it delivered to your door. Find a listing of [restaurants and their business hours](#) on the City website.

### Share a great online review.

Share your experiences on platforms such as Yelp, Google, and Facebook, and help local businesses gain new customers through word-of-mouth recommendations.

### Say thanks.

Post a social media note or send an email to local business owners letting them know you appreciate their services. They are grateful for your continued patronage.

***“There's never been a better time to support Rolling Meadows' local businesses.”***

# PRIORITIZING EMOTIONAL HEALTH AMIDST A GLOBAL PANDEMIC

By Dr. Natalia Nieves, Social Service Outreach Specialist



Natalia Nieves

I've worked with many local families during this difficult time and seen firsthand their experience with trauma, loss, fear, and anxiety.

If there's a theme for coping with this pandemic, it is "Adapt." COVID-19 overwhelmed the whole country and created the kind of climate that we, as Americans, have not endured since the Spanish Flu of 1918.

There are still many unknowns. It's OK to feel confused and scared. As a society, we are not accustomed to this ever-present sense of instability. We must do our best to cope with social isolation. Nevertheless, it does impact our emotional well-being.

Fortunately, there are coping mechanisms for successfully adapting to our current situation.

**Establish Routine:** Whether you live alone or with family members, make sure to develop a general structure for your day. One thing we can all control in the midst of this chaos is how we spend our time.

There are also some great apps to help you with time management and setting routines: **Loop Habit Tracker** and **Todoist** are two of my favorites.

**Practice Emotional Regulation:** Take care of your emotional self (and help

your children do the same). Get in touch with how you're feeling and spend time finding pockets of joy and moments of peace.

A few apps that may help are **Self-Help for Anxiety Management (SAM)**, **CALM**, **Headspace**, and **Mood Meter**.

**Connect with Area Support Services:** There's no need to suffer alone. If you need help, contact the following organizations that offer telehealth services on a variety of platforms:

**Kenneth Young Center**  
For Elk Grove Township and Schaumburg Township residents  
847/524-8800

**AMITA Center for Mental Health**  
847-952-7460

**Elk Grove Township's Adults and Family Counseling Department**  
847-981-0373

**The Bridge Youth and Family Services**  
For Palatine Township residents  
847-359-7490

**National Suicide Prevention Lifeline**  
800-273-8255  
[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

**Call4Calm**  
For Illinois residents  
Text TALK to 552020

Remember that some days will be easier than others. We adapt and grow stronger when our ability to endure challenges is tested. Take time to reassess your priorities and take charge of your well-being.

Stay well.



## FORMER MAYOR TOM ROONEY HEADING 'BACK TO SCHOOL' AS JAMES MADISON FOUNDATION FELLOWSHIP RECIPIENT



Tom Rooney

Former Rolling Meadows Mayor and Illinois Senator Tom Rooney is going back to school this fall, after being awarded a graduate fellowship from the James Madison Memorial Fellowship Foundation.

The Foundation, an independent agency of the federal government's Executive Branch, was established by Congress in 1986 to improve teaching about the United States Constitution in secondary schools. Rooney was specifically awarded the "Fellows' Fellowship," which is funded by contributions from previous Madison Fellows.

For Rooney, an AP U.S. History teacher, the fellowship offers both professional and personal benefits.

"I've been a 'Constitution nerd' since junior high school: that was the basis for my interest in politics and public service," he explained. "The fellowship's curriculum will help me be a better teacher for my students, but it's also a chance to revisit a passion that led me to the mayor's office and the

Illinois General Assembly. I feel like I've come full circle," he added with a sense of wonder.

In fact, the \$24,000 Fellowship has helped Rooney come full circle in multiple ways: it will enable him to pursue a master's degree in History at his alma mater, Loyola University, where he had originally applied for a Madison Foundation Junior Fellowship during his junior and senior years.

"At the time, the junior fellowship was for students planning to become teachers," he recalled. "I clearly remember completing the application in my cramped little apartment and being disappointed when I wasn't selected. So when this opportunity came up all these years later, I went for it."

Rooney is one of just 49 people across the country to receive Madison Fellowships in 2020. He plans to complete one course per semester, in order to maintain his full-time teaching career.

Learn more about the James Madison Memorial Fellowship Foundation at [www.jamesmadison.gov](http://www.jamesmadison.gov).

## CITY INTRODUCES NEW UTILITY BILL PAYMENT OPTIONS

City Hall's temporary closure in response to the COVID-19 pandemic has prevented customers from paying their monthly utility bills in person, but Rolling Meadows offers a variety of other convenient payment options:

### IDES Cards Now Accepted

In addition to credit and debit cards, residents are welcome to use debit cards issued by the Illinois Department of Employment Services (IDES) for unemployment benefits.

### Partial Payment

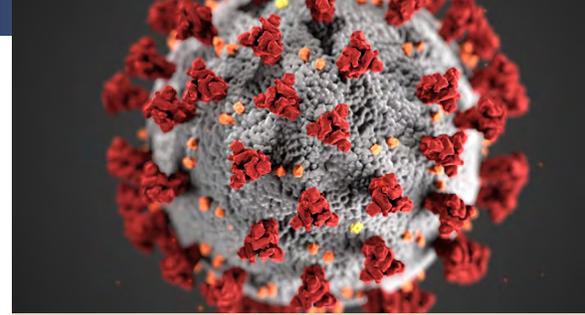
Residents who are unable to pay the full balance on their accounts will be able to make partial payments. Remaining balances will be carried

forward month-to-month until fully paid.

### Suspended Late Fees

City officials have suspended late fees for unpaid balances to prevent customers from incurring additional charges on their accounts.

Additional information about the City's updated utility billing payment options is available on the [City's website](http://City's website). For specific account inquiries, contact the Finance Department at [ub@cityrm.org](mailto:ub@cityrm.org) or 847-394-8500.



## ACCESS LATE-BREAKING UPDATES ON CITY'S COVID-19 RESPONSE

Find the latest updates on Rolling Meadows' evolving response to the COVID-19 pandemic, and other essential notifications, on the City's website ([www.cityrm.org](http://www.cityrm.org)).

Multiple webpages offer access to a wealth of information on a variety of topics, including:

- **Operational updates** for City Departments, as well as information provided by the State of Illinois on the COVID-19 virus. Click "Community Resources" under the homepage's "News" section.
- **Video updates** from Mayor Joe Gallo and online payment options for monthly utility bills, real estate transfers, and more. Click the "COVID-19 (Coronavirus Information)" link at the left side of the homepage.
- **Hours of operation for grocery stores** and other essential businesses around town. Click "Essential Business Listing and Hours."
- **Help for Rolling Meadows' small businesses.** Click "Small Business Help."

### Stay Informed

Residents will also find information being shared on [Rolling Meadows' Facebook page](#), and on message boards at City Hall (3600 Kirchoff Road), Fire Station 15 (3201 Algonquin Road), and Fire Station 16 (2340 Hicks Road).



## BE COUNTED: COMPLETE 2020 U.S. CENSUS TODAY

The 2020 census – the act of counting every single individual in the United States and its territories – will continue into October due to delays created by COVID-19, but it’s never too early to complete the survey online.

If you haven’t already, visit [www.my2020census.gov](http://www.my2020census.gov) and click the “Start Questionnaire” button. Residents may also complete the census by telephone (844-330-2020) or mail back the census form sent to all households in March.

It takes just minutes to complete this constitutionally mandated exercise, which will help determine Rolling Meadows’ future for the next 10 years.

The final census count serves as the basis for:

- Distributing over \$675 billion in federal funds to states, counties, and communities.
- Redistricting at the state and local levels (including re-drawn City ward boundaries to ensure fair representation of Rolling Meadows residents).
- Reapportioning Congressional seats.

### Your Information is Confidential

Federal law protects your responses. Answers provided may only be used to produce statistics. It is against the law for census information to be used against you by any government agency or court.

### Responses are Secure

The Census Bureau employs the most sophisticated cybersecurity technology to protect agency information and resident responses. The agency’s information collection policies also include multiple safeguard layers that secure residents’ data from emerging threats – cyber or otherwise.

Perform your civic duty. Be informed. Be counted. Take a moment to complete the survey today.

*Note: Meetings of City boards and commissions may be held remotely or postponed for public health reasons. Find the latest updates on the City’s website and on Facebook.*

6/02 — **Environmental Committee**, 6:30 pm; **Planning & Zoning Commission**, 7:30 pm

6/04 — **Adjudication Hearing (Parking)**, 2 pm

6/08 — **Board of Fire & Police Commissioners**, 9 am

6/09 — **Crime Stoppers**, 5:30 pm; **City Council Meeting**, 7:30 pm

6/11 — **Adjudication Hearing**, 1 pm

6/16 — **Community Events Foundation**, 6 pm; **City Council Committee of the Whole**, 7:30 pm

6/18 — **Adjudication Hearing (Redlight)**

6/20 — **Summer begins**

6/21 — **Father’s Day**

6/22 — **Water bills due**

6/23 — **City Council Meeting**, 7:30 pm

6/27 — **City Market**, 10 am – 2 pm, Community Church (2720 Kirchoff Rd)



## BACKYARD CHICKEN ORDINANCE PROMOTES SUSTAINABLE LOCAL FOOD SOURCING

As the ripple effects of the COVID-19 pandemic create added stresses on the nation’s food supply/delivery systems, Rolling Meadows offers homeowners a way to become more self-sustainable: building backyard chicken coops.

Advocates cite many benefits of raising backyard chickens, including access to fresh eggs and support for local sustainable food initiatives. They also provide fertilizer for home gardening.

The City’s chicken ordinance, approved in 2019, allows homeowners to raise chickens on their prop-

erty, provided they keep coops at least 10 feet away from property lines and pay a \$25 annual licensing fee. Single-family residential lots may have between two and six backyard hens – roosters are not allowed. Coops must be built in accordance with City code.

The ordinance limits the number of participants to 25 Rolling Meadows households. Currently, the City has received five applications from households expressing an interest in raising chickens.

Find additional information/application materials on the [City’s website](#).

## J.C. RESTORATION, NEXT LEVEL NORTHWEST NAMED AABE HONOREES

Congratulations to Rolling Meadows' own J.C. Restoration for being named an Annual Awards for Business Excellence (AABE) honoree – one of 21 area companies and business organizations recognized by the *Daily Herald Business Ledger* this year.



Another City-affiliated enterprise, [Next Level Northwest](#), also earned AABE recognition in the program's Business Organization & Economic Development category. NLNW is a

regional business accelerator established by Elk Grove Village, Hanover Park, Hoffman Estates, Rolling Meadows, and Schaumburg to help local companies grow, develop, and succeed.



According to the *Business Ledger*, AABEs are “presented in recognition of business achievement, growth, and community involvement.” Honoree profiles are available at [www.dhbuisinssledger.com](http://www.dhbuisinssledger.com).

## 'A GREAT PLACE TO DO BUSINESS' CHAMBER ANNOUNCES TOP 10 MEADOWS EMPLOYERS

From independent merchants to Fortune 500 corporations, Rolling Meadows is home to many of the world's leading companies, including Arthur J. Gallagher (*insurance brokerage/risk management*), Capital One (*financial services*), Northrop Grumman (*aerospace and defense technology*), and Verizon Wireless (*cell phones*).

Here are the City's “Top 10” employers\* and the number of jobs they create here in Rolling Meadows:

1. Northrop Grumman Corp. – 2,500
2. Arthur J. Gallagher – 2,000
3. Verizon Wireless – 1,075
4. Capital One – 710
5. CareerBuilder Employment Screening – 330
6. A.H. Management Group – 300
7. Meijer – 255
8. Walmart – 220
9. RTC – 210
10. Panasonic – 180

*\*Information provided by the Rolling Meadows Chamber of Commerce*

## KEEP DOGS ON LEASHES TO AVOID POLICE CITATION

Rolling Meadows police officers will ticket dog owners who do not have their pets leashed in public areas, Police Chief John Nowacki reports.

“We continue to receive complaints of unleashed dogs in parks and other public spaces,” he explained. “As a dog owner myself, I encourage other owners to follow City ordinances requiring leashes when out in public. The regulations are designed to protect residents as well as the animals themselves.

“Police officers who encounter unleashed dogs are empowered to issue a citation to the dog's owner, but we'd prefer it not come to that,” he added.



## BEING A GOOD NEIGHBOR IS NOW MORE ESSENTIAL THAN EVER

As Illinois' stay-at-home order continues into its third month, many residents can take a small bit of comfort in being surrounded by family members. But for others in our community, social distancing can be a lonely existence.

While we can't all come together until things get back to some semblance of “normal,” we can make sure we continue to look out for each other. After all, we're *#InThisTogether*.

- **Check in on your friends and neighbors** to make sure they are doing OK – especially seniors and other high-risk members of the population.
- **Donate to local food pantries or charities** supporting causes you believe in.
- **Stock up responsibly at the grocery store.** Hoarding supplies makes it harder for others to find items they need.
- **Maintain your health and social distance.** It's the only way to limit the spread of the COVID-19 virus.
- **Stay updated.** Keep informed by following a few trusted, non-biased sources. This helps limit the dissemination of inaccurate or misleading information.



*A quick phone call is a great way to check on neighbors while social distancing.*

## COVID-19 REFUSE GUIDELINES

Public Works has issued the following guidelines for residential refuse customers to protect the health and well-being of City refuse crews:

- **Bag and Tie All Garbage** – Place all trash in bags (*and completely seal those bags*) before placing them at the curb. Open, untied, or damaged bags will not be picked up.
- **Throw Away Recyclables if Symptoms Appear** – Place all recyclables into the trash if someone in your home experiences symptoms indicative of COVID-19. *It is safe to resume normal recycling if/when all family members are no longer ill.*

- **Do Not Recycle PPE** – Place all used personal protective equipment (masks, gloves, tubes, etc.) into the trash. They cannot be recycled.



## INDEPENDENCE DAY CELEBRATIONS DASHED ...continued from p. 1

- Maximizing event location space, wherever possible.
- Implementing clear social distancing policies.
- Increasing space between vendors, food trucks, and other event features.
- Mandating use of sanitizing wipes/other cleaners for event staff and

volunteers.

- Expanding the number of hand washing stations and portable restrooms.

Due to ever-changing circumstances related to COVID-19, upcoming events may be postponed, rescheduled, or cancelled outright in the interest of public health. Find the latest updates on the [City's website](#) and on [Facebook](#).

**CONTACT  
CITY OFFICIALS**  
City Hall Hours  
8 am to 4 pm  
Monday – Friday



### MAYOR and CITY COUNCIL

|                   |               |
|-------------------|---------------|
| Mayor Joe Gallo   | .847-814-9271 |
| 1st Ward Alderman |               |
| Mike Cannon       | .847-687-3276 |
| 2nd Ward Alderman |               |
| Nick Budmats      | .847-202-0855 |
| 3rd Ward Alderman |               |
| Kevin O'Brien     | .847-212-2587 |
| 4th Ward Alderman |               |
| Jenifer Vinezeano | .630-546-8133 |
| 5th Ward Alderman |               |
| Jon Bisesi        | .847-772-8428 |
| 6th Ward Alderman |               |
| John D'Astice     | .847-409-9367 |
| 7th Ward Alderman |               |
| Lara Sanoica      | .847-770-3097 |
| City Manager      |               |
| Barry Krumstok    | .847-394-8500 |

### SERVICES

|                         |                |
|-------------------------|----------------|
| Fire & Police Emergency | 911            |
| Fire Non-emergency      | .847-397-3352  |
| Police Non-emergency    | .847-255-2416  |
| Finance/Utility Billing | .847-394-8500  |
| Public Works            | .847-963-0500  |
| Community Dev. Division | .847-506-6030  |
| Senior Handyman Program | .847-506-6030  |
| Crime Stoppers          | .847-590-7867  |
| ComEd                   | 1-800-EDISON-1 |



[www.facebook.com/cityofrollingmeadows](http://www.facebook.com/cityofrollingmeadows)



[www.twitter.com/@CityofRM1](http://www.twitter.com/@CityofRM1)

## CITY WATER QUALITY SURPASSES STANDARDS

Rolling Meadows drinking water meets all federal and state safety standards, according to the City's latest Consumer Confidence Report that details the source and quality of the water used by residents and businesses.



Customers may access this year's report online

at [www.cityrm.org/ArchiveCenter/ViewFile/Item/6534](http://www.cityrm.org/ArchiveCenter/ViewFile/Item/6534). A limited number of print copies are also available by calling 847-963-0500.



City officials made the difficult decision to cancel this year's Independence Day Parade based on current federal and state safety guidelines aimed at reducing large public gatherings.