



Winter Newsletter - January 2026

From the Director's Desk

With a new year underway, the Human Services Department continues its commitment to strengthening quality of life for residents throughout Rolling Meadows. This newsletter highlights the ways our team is advancing programs that foster connection, support, healing, and promote resilience across all stages of life.

Our approach is rooted in access and partnership. By combining direct services with community outreach and collaboration with local nonprofit organizations, educational systems, healthcare providers, townships, public safety, and our residents, we respond to real needs in real time. From serving older adults and people with disabilities, to navigating crises, supporting survivors of violence, and promoting mental health and family stability, our work is guided by care, accountability, and cooperation.

In the months ahead, we hope to build on this momentum with expanded engagement and thoughtful programming that addresses immediate concerns while strengthening long-term well-being. We are grateful to our staff, partners, and residents whose trust and dedication make this work possible and help ensure our community remains connected and supported.

Warm regards,
Dr. Natalia Nieves

Welcome to Our New Staff Members!

We are excited to welcome two outstanding new staff members to the Human Services Department. Bethany Williams is our new Aging and Disability Specialist. She joined us at the end of November 2025 and has already hit the ground running, thoughtfully addressing the complex and evolving needs of our aging residents. Below, you will find upcoming events and initiatives that Bethany is leading on behalf of the department.

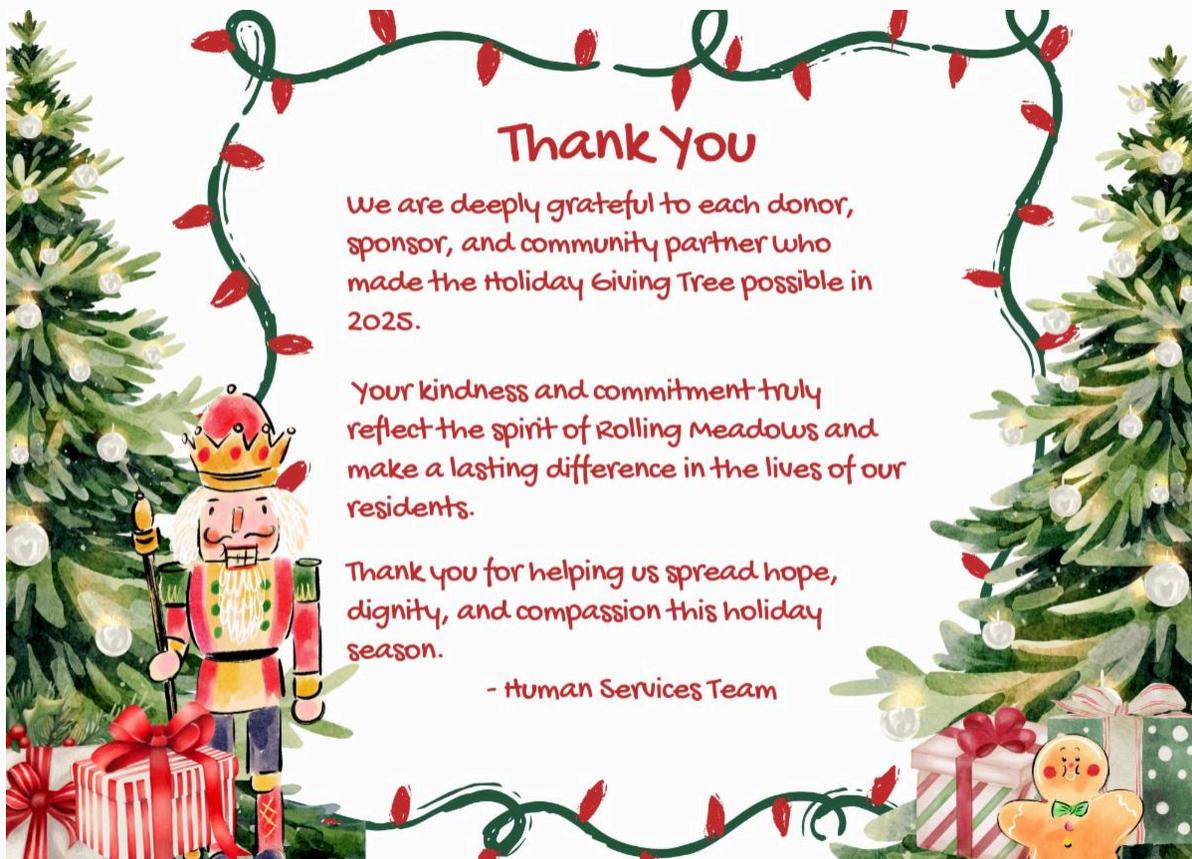
We are also pleased to welcome back Janet Muñoz-Vergil, who previously served as a student intern with us in 2021, in her new role as Community Engagement Specialist. Janet supports community engagement, outreach, and wellness initiatives across Rolling Meadows. In this role, she works closely with residents, community partners, and City departments to strengthen collaboration, expand access to services, and advance programs that promote mental health, resilience, youth development, and family well-being.

Janet will also lead efforts associated with a prestigious grant awarded to our department by the Illinois Department of Human Services, which selected Rolling Meadows to serve as a Community Network Anchor for the Westchester Region. This designation expands our service area and supports coordinated partnerships, outreach and engagement efforts, and grant-funded initiatives. As part of this work, we are launching a new collaborative group, the Partners in Health and Human Services Coalition.

Organizations interested in participating in this coalition are encouraged to connect with Janet directly at Munoz-VergilJ@cityrm.org. We are thrilled to have both Bethany and Janet on our team and look forward to the impact they will make in our community.

What's Next: Click [HERE](#) to see upcoming event flyers

- **Rolling Meadows Partners Meeting! Thursday, 04/09/26 at Carl Sandburg Jr. High. [RSVP](#)** by emailing Marisol at gonzalezm@cityrm.org
 - **Apply for LIHEAP at City Hall - on 02/06/26 from 12 pm-4 pm**
 - **Tween Talks at RMNRC on 2/05/26 from 4 pm - 5 pm**
 - **Mindful Aging Group - Ongoing- 2nd and 4th Thursday of the month, from 10:30 am to 11:30 am at City Hall**
 - **Senior and Veteran Resource Fair - April 24th**
 - **Family Services Day - May 9th 2026**
-



Thank you for a successful Holiday Giving Tree 2025!

Thanks to your generosity, children experienced joy during the holidays, seniors felt supported and remembered, and families were reminded they are not alone. This past holiday season: we were able to sponsor 116 families, reaching a total of 485 individuals in our community.

Couple & Family Therapy

Rolling Meadows Human Services offers free, confidential therapy for couples, families, and individuals focused on relationships. Services are provided by graduate intern Abigail Duman, M.A. candidate in Couple & Family Therapy at Adler University, using a client-centered, supportive approach.

Call 847-870-2636 to schedule and appointment. Monday–Friday 9:00 a.m.–5:00 p.m.
*For Rolling Meadows residents only *

Rolling Meadows
Human Services

Couple & Family Therapy

Stronger relationships begin with feeling understood. We often complementary mental health services for Rolling Meadows residents navigating interpersonal challenges or simply striving to improve communication and increase intimacy.

Abigail Duman is our graduate intern; she is completing her masters degree in Couple & Family Therapy at Adler University in Chicago. She has also completed a Certificate in Sex Therapy through the American Association of Sexuality Educators, Counselors and Therapists (AASECT). Abigail's work is grounded in a client-centered approach, creating a safe, confidential space for couples and families to process, heal, and repair relationally.

- ☑ Couples/Marital Therapy
- ☑ Family Therapy
- ☑ Premarital Counseling
- ☑ Individual Therapy with a focus on relationships

To schedule a free and confidential appointment, please contact us Monday – Friday from 9:00am – 5:00pm.
☎ 847-870-2636
Rolling Meadows residents only

To inquire about services, call Dr. Nieves at 847-870-2636

Aging & Disability Services

We are excited for the work of Bethany, our Aging & Disability Services Specialist! This role strengthens our commitment to helping Rolling Meadows residents remain safe, independent, and connected. Examples of how she helps include:

- Aging-in-place assistance
- Entitlement benefits
- Transportation coordination
- In-home resources
- Housing and community services
- Senior Snowplow
- Mindful Aging Group
- Mobile Food Pantry
- Handyman Repair
- City Emergency Funds
- Mental Health Therapy
- Notary Services



Aging & Disability Services



OUR SERVICES

- Facilitate the safety and independence of clients
- Aging-in-place support and affordable housing options
- Resource connection, in-home supports, accessing transportation, and navigating needs
- Assist with completing applications to entitlement benefits

We offer no-cost support to help Rolling Meadows residents stay safe, independent, and connected.

Additional programs available:

- Senior Snowplow
- Mindful Aging Group
- Mobile Food Pantry
- Handyman Repair
- City Emergency Funds
- Mental Health Therapy
- Notary Services

To schedule an appointment, please contact Bethany Williams
Monday-Friday 9am-3pm

847-789-1320

To inquire about services, call Bethany at 847-870-9092

LIHEAP Energy Assistance

Apply for help with heating and energy costs through LIHEAP at City Hall on February 6, 2026, from 12–4 p.m. at Rolling Meadows City Hall (3600 Kirchoff Rd)

Appointments: Bethany | 847-789-1320 or Marisol | 847-870-2695
Open to Palatine, Schaumburg & Elk Grove Township residents

Apply for LIHEAP at City Hall
Friday, February 6, 2026
12PM-4PM
Rolling Meadows City Hall
3600 Kirchoff Rd., Rolling Meadows

Sign-Up available for all residents in:
Palatine, Schaumburg and Elk Grove Townships

Am I eligible?

- Gas and/or electric assistance (past-due balance not required)
- Household must be within income guidelines (see chart for details)
- Delivered fuel households eligible
- Reconnection assistance up to \$1500

What do I bring?

- Proof of income (current 30 day gross)
- Most recent utility bill(s)
- Proof of SSN or ITINs for all household members.
- (Undocumented residents are welcome to apply)

Income Guidelines
*30 day gross income by household size:

1	\$3,332
2	\$4,357
3	\$5,382
4	\$6,407
5	\$7,432
6	\$8,457
7	\$8,649
8	\$8,842

Assistance available in English, Spanish, and Polish.
Asistencia disponible en inglés, español y polaco.
Pomoc dostępna w języku angielskim, hiszpańskim i polskim.

By appointment only, to schedule, your contact Bethany at 847-789-1320

To register call Bethany at 847-870-9092

Solicite ayuda con su electricidad LIHEAP en Rolling Meadows
Viernes, 6 de Febrero 2026
12PM-4PM
Ayuntamiento de Rolling Meadows
3600 Kirchoff Rd., Rolling Meadows

Inscripciones disponibles para todos los residentes de:
Palatine, Schaumburg y Elk Grove Townships

¿Soy elegible?

- Asistencia para gas y/o electricidad (no se requiere saldo vencido)
- El hogar debe estar dentro de los límites de ingresos
- (vee tabla para más detalles)
- Hogares con combustible entregado son elegibles
- Asistencia para reconexión hasta \$1500

¿Qué debo traer?

- Comprobante de ingresos (Ingresos brutos de los últimos 30 días)
- Factura(s) más reciente(s) de servicios públicos
- Comprobante de SSN o ITIN para todos los miembros del hogar (los residentes indocumentados son bienvenidos a solicitar)

Guías de ingresos
*Ingreso bruto de 30 días por tamaño del hogar

1	\$3,332
2	\$4,357
3	\$5,382
4	\$6,407
5	\$7,432
6	\$8,457
7	\$8,649
8	\$8,842

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Pomoc dostępna w języku angielskim, hiszpańskim i polskim.

Solo con cita previa
Para programar su cita, comuníquese con Marisol al 847-870-2695

Para registrarse contacte a Marisol al 847-870-2695

Senior & Veteran Resource Fair

The Office of State Representative Nicolle Grasse, in partnership with Rolling Meadows Human Services, invites residents to attend the Senior & Veteran Resource Fair, a one-stop opportunity to connect with valuable local, county, and state resources.

Date: Friday, April 24, 2026

Time: 9:00 AM – 12:00 PM

Location: Park Central Banquet Hall
- 3000 Central Road, Rolling Meadows, IL 60008

To inquire call Bethany at 847-870-9092



THE OFFICE OF STATE REPRESENTATIVE NICOLLE GRASSE AND THE ROLLING MEADOWS HUMAN SERVICES DEPARTMENT INVITE YOU TO THE:

SENIOR & VETERAN RESOURCE FAIR

FRIDAY, APRIL 24, 2026 9AM-12PM

PARK CENTRAL BANQUET HALL

3000 CENTRAL ROAD ROLLING MEADOWS, IL 60008

CONNECT WITH RESOURCES SUCH AS:

- HOUSING SUPPORT
- SUPPORT GROUPS
- COMMUNITY CONNECTIONS
- EMERGENCY ASSISTANCE
- ACCESSIBILITY SERVICES
- PUBLIC AND COMMUNITY PROGRAMS
- COOK COUNTY RESOURCES
- VETERAN SUPPORT SERVICES
- AFFORDABLE ANIMAL CARE



NEED MORE INFORMATION?
CONTACT OUR AGING AND DISABILITY SPECIALIST:
BETHANY WILLIAMS 847-870-9092
WILLIAMS@CITYRM.ORG

Rolling Meadows
Human Services

Save the Date

Family Services Day

Saturday, May 9, 2026

TO JOIN US ONCE AGAIN THIS YEAR PLEASE REGISTER WITH THE QR CODE

TIME: 10AM-12PM
LOCATION: RMNRC
2260 ALGONQUIN PKWY.,
ROLLING MEADOWS

Click here to sign up as a vendor

Invitation to Community Partners: Have a Table at Family Services Day

Rolling Meadows Human Services is excited to invite our valued community partners, service providers, and organizations to host a resource table at our upcoming Family Services Day!

This annual event brings families together with trusted local agencies to learn about services, programs, and resources available in our community.

Hosting a table is a great opportunity to connect directly with residents, share information about your programs, and strengthen partnerships that support individuals and families in Rolling Meadows.

Saturday, May 9, 2026
10:00 a.m. – 12:00 p.m.

Rolling Meadows Neighborhood Resource Center
(RMNRC) 2260 Algonquin PKwy. RM

Teen Craft Activity: Blanket Making

Tuesday, February 17

11:00 AM – 12:00 PM

Rolling Meadows Human Services and the Rolling Meadows Library invite teens to join us for a fun and creative **Teen Craft Activity!**

Participants will work alongside **Librarian Laura** to make a cozy blanket while enjoying a welcoming, hands-on experience.

Location:

2260 Algonquin Parkway

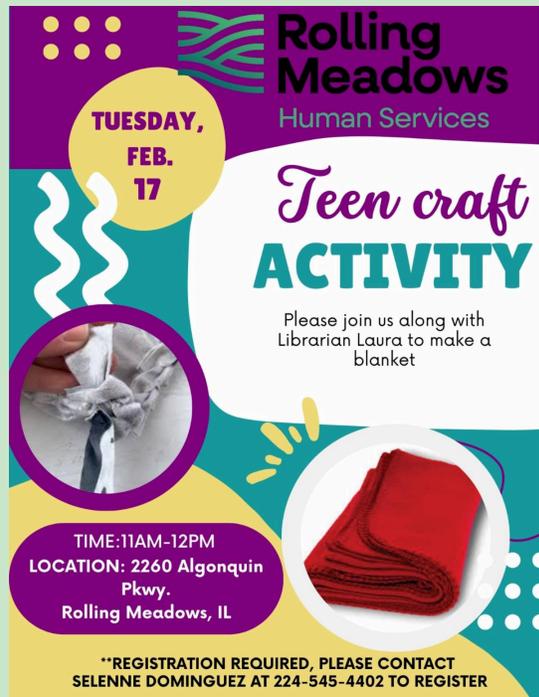
Rolling Meadows, IL

Registration is required

To register, please get in touch with Selenne at **224-545-4402**.

Spots are limited—register early!

To register call Selenne at 224-545-4402



Rolling Meadows
Human Services

TUESDAY, FEB. 17

Teen craft
ACTIVITY

Please join us along with Librarian Laura to make a blanket

TIME: 11AM-12PM
LOCATION: 2260 Algonquin Pkwy, Rolling Meadows, IL

**REGISTRATION REQUIRED, PLEASE CONTACT SELENNE DOMINGUEZ AT 224-545-4402 TO REGISTER

The poster features a purple and teal color scheme. It includes a yellow circle with the date 'TUESDAY, FEB. 17', a circular inset showing hands sewing a white fabric, and a white plate with a folded red blanket. The Rolling Meadows logo is at the top left.

Meet with a City Social Worker at the Rolling Meadows Library

Rolling Meadows Human Services is offering in-person support from a City Social Worker at the Rolling Meadows Library.

Assistance is available for:

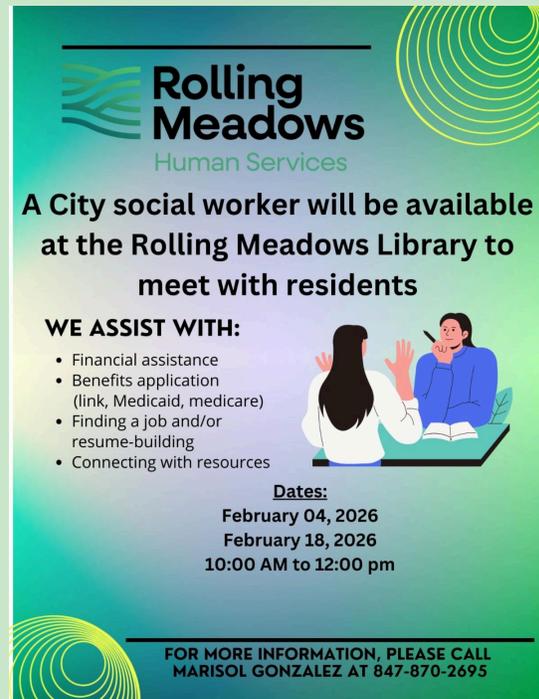
- Financial assistance
- Benefits applications (LINK, Medicaid, Medicare)
- Job search support and résumé building
- Connecting to community resources

Dates & Time:

- February 4, 2026
- February 18, 2026

10:00 AM – 12:00 PM

Walk-ins welcome. Appointments are not required



Rolling Meadows
Human Services

A City social worker will be available at the Rolling Meadows Library to meet with residents

WE ASSIST WITH:

- Financial assistance
- Benefits application (link, Medicaid, Medicare)
- Finding a job and/or resume-building
- Connecting with resources

Dates:
February 04, 2026
February 18, 2026
10:00 AM to 12:00 pm

FOR MORE INFORMATION, PLEASE CALL MARISOL GONZALEZ AT 847-870-2695

The poster has a green and blue background with a circular graphic on the right. It features an illustration of two people sitting at a table, one with a laptop. The Rolling Meadows logo is at the top left.

For more information call Marisol at 847-870-2695

Meet with a Senior Social Worker at the Adult Activity Center

We are offering in-person appointments with a Senior Social Worker at the Adult Activity Center to support residents with access to services and resources.

Assistance is available for:

- Financial assistance
- Benefits applications (LINK, Medicaid, Medicare)
- Connecting with community resources

Dates:

- February 17, 2026
- March 3, 2026
- March 17, 2026

Time:

10:00 AM – 12:00 PM

Walk-ins welcome. Appointments are not required



Rolling Meadows
Human Services

The senior social worker will be available at the adult activity center to meet with residents

WE ASSIST WITH:

- Financial assistance
- Benefits application (link, Medicaid, Medicare)
- Connecting with resources



Dates:
February 17, 2026
March 3, 2026
March 17, 2026

Time: 10:00am to 12:00pm

TO SCHEDULE AN APPOINTMENT PLEASE CALL BETHANY WILLIAMS AT 847-789-1320

To register call Bethany at 847-870-9092

Mindful Aging Group:

A Space for Growth and Connection

The Rolling Meadows Human Services invites older adults to join our Mindful Aging Group, a supportive space to explore the journey of aging with intention, creativity, and community. Participants will engage in meaningful discussions, uncover new passions, and build a life filled with clarity and purpose.



Rolling Meadows
Human Services

MINDFUL AGING GROUP



Participants will learn to navigate aging with a positive mindset, uncover new passions, and build a life full of meaning and connection. Whether you're seeking clarity, creativity, or simply a sense of peace, this group offers a space to rediscover the beauty and potential of this chapter of life.

2nd & 4th Thursdays
10:30am-11:30am

City Hall
Meadows Conference Room
3600 Kirchoff Rd, 2nd floor

For questions, please contact Bethany Williams at 847-870-9092

To register call Bethany at 847-870-9092

Mobile Food Pantries

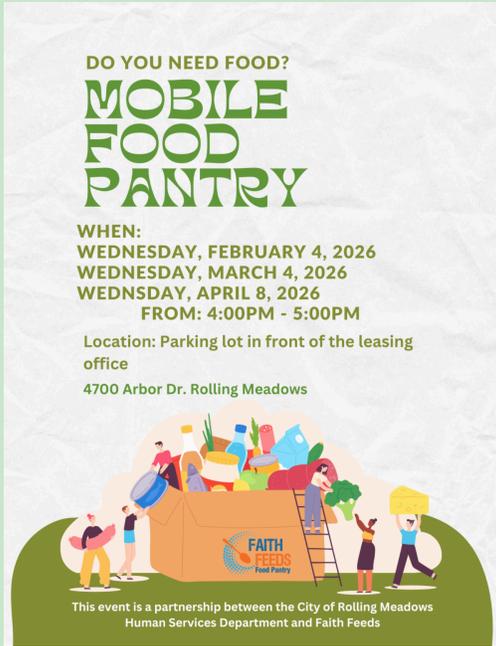
Thanks to our partners at Faith Feeds, we continue to host two different mobile food pantries out of two sites:

- Rolling Meadows Neighborhood Resource Center (2260 Algonquin Pkwy.) - 4th Tuesday of the month

- The Preserve at Woodfield Apartments (4700 Arbor Dr.) - 1st Wednesday of the month

Food Pantry Cancellation Notice

- Due to extremely cold weather, the Food Pantry scheduled for **Tuesday, January 27, 2026** has been cancelled. If you know of a resident in need of food assistance, please contact us, and we will ensure they receive food.



♥ Don't forget the Hope Fund ♥

The RMPD Hope Fund provides emergency assistance to Rolling Meadows residents facing unexpected hardships. Your support helps a neighbor when they need it most.

Donations are accepted via: Venmo, PayPal, cash, or check. You may also stop by City Hall, we have a credit card reader!

For more information call Dr. Nieves at 847-870-2636

Venmo



Zelle



PayPal



[Click here for some helpful immigration resources](#)

[Visit our Department of Human Services website](#)

City of Rolling Meadows Human Services Department | 3600 Kirchoff Rd. | Rolling Meadows, IL 60008 US

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