

# June 2013 Newsletter

# Bowes Creek Regency

Pages 12

## Regency Weekly Activities

### Mah-Jong Mondays

1:00pm



### Poker Mondays

7:00pm



### Monday Men's

#### Golf

8:00 am



### Card Club Mondays 7:00pm



### Monday Yoga Class

7:00 pm



### Tuesdays Needles & Pins

1:00PM



### Water Walking 8:30 am Dailey



### Tuesday Bocce Ball

6:00 pm



### Wednesdays Canasta/Samba

12pm



### Thursday Ladies

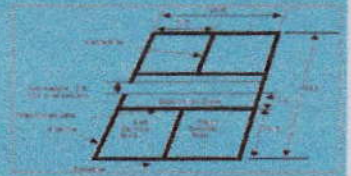
#### Golf

8:30 am



### Thursday Pickle Ball

6:30 pm



### Fridays Bridge Game

11:15 AM



### Social Committee

**Chair: Bill McMahon**

**Members: Pat Bernhauser Ed Graf Dave Henderson Pat Kehoe Rosalie Lutzka Tony Sinople**

**Board Liaison: Jerry Guy**

# Bowes Creek Regency

## June Scheduled Events

Sunday June 2, 2013

Sunday Golf Scramble 1:00pm

Porters Dinner 6:30pm



"Social Committee Meeting"

Date: Wednesday June 5th 2013  
Time: 7:00 PM  
Location: Regency Clubhouse



Ladies Golf Outing

Date: Thursday June 6  
Time: 8:30am  
Location: Apple Orchard Golf Course



"Bowes Creek A-AM Buildings  
& Grounds Meeting"

Date: Thursday June 6th 2013  
Time: 7:00pm  
Location: Regency Clubhouse



Residents Lunch Day

Date: Thursday June 6th 2013  
Time: 11:30 am  
Location: Benedicts



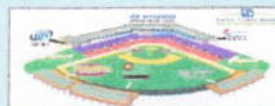
Bowes Creek A-AM Finance  
Committee Meeting

Date: Tuesday June 11, 2013  
Time: 12:00pm  
Location: Regency Clubhouse



Kane County Cougars Game

Date: Wednesday June 12th 2013  
Time: 6:30 am  
Location: Fifth Third Bank Ballpark



# Bowes Creek Regency

## June Scheduled Events Continued

### Bagel Sunday (Fathers Day)

**Date:** Sunday June 16, 2013  
**Time:** 8:30am-11:30am  
**Location:** Regency Clubhouse



### Water Aerobics Demonstration

**Date:** Monday June 17th, 2013  
**Time:** 9:00am  
**Location:** Regency Swimming Pool



### Ladies Night Out Dinner

**Date:** Wednesday June 19th 2013  
**Time:** 6:00 pm  
**Location:** Aqua Vina



### BCAAM Finance Committee Meeting

**Date:** Thursday June 20th, 2013  
**Time:** 7:00am  
**Location:** Regency Clubhouse

**Finance  
Committee**

### Buddy Bunch

**Date:** Friday June 21th, 2013  
**Time:** 7:00 pm  
**Location:** Regency Clubhouse



### Residents Night Out

**Date:** Saturday June 22nd, 2013  
**Time:** 6:30 pm  
**Location:** Hofbrauhaus



### Bowling & Lunch

#### Bowling

**Date:** Sunday June 23rd, 2013  
**Time:** 12:00 pm (Bowling)

#### Lunch (Tony Spavone's)

**Date:** Sunday June 23rd,  
2013  
**Time:** 2:15pm



### Fox River Cruise

**Date:** Thursday June 27th, 2013  
**Time:** 12:00 pm  
**Location:** Fox River, IL



# Bowes Creek Regency

## Community Notes & Information

### *INTERESTED IN A BOWES CREEK COMMUNITY GARAGE SALE?*

Dear Owners,

There have been several inquiries regarding if the Bowes Creek Adult Active Regency would be participating in a Neighborhood Garage Sale again this year as was done in 2011. The Community Affairs Committee would perhaps help facilitate this process if there is enough interest by the owners in the community.

If you would be interested in participating in the this Bowes Creek Community Wide Garage Sale, please sign your name on the interest sheet which is located in the clubhouse. Deadline for sign up for initial notice is no later than June 1st, 2013. If you have not had a n opportunity to sign up, please notify Community Manager Jeffrey Madigan at [jmadigan@vanguardcommunity.com](mailto:jmadigan@vanguardcommunity.com) & this information will be added to the list of those owners that have already signed up.

Depending on the level of interest, we will decide on if there is enough owner participation & advise the owners under separate cover of this result. We are hoping for a weekend late in June.

Any questions, please feel free to contact either Community Manager Jeffrey Madigan, or Community Affairs Committee Chair Linda Henderson.





## Neighborhood Block Captain Notice

The Bowes Creek Care and Concern Group has met and the results, so far, of these meetings are as follows:

Block Captains have been chosen for each block. Each Block Captain has access to lists of other residents willing to assist you however needed. These services include driving to appointments, picking up groceries or medications, running errands, pet walking, checking blood pressure or maintaining bandages, as well as other home health care needed (from several nurse residents), helping to get garbage containers out and in from curb, picking up mail or newspapers, in-home meals, reading to you or prayer sessions. It is the committee's hope that you will utilize these services if and when the need occurs. If you are out of town, this Block Captain is someone you can leave contact information with in case a problem occurs in your absence.

It is our intent that any discussions that arise will be kept completely confidential. Your Block Captain has a file of life folder for each resident which is to be kept in your home. They would like to encourage you to keep these up to date and either be placed on outside of your refrigerator or inside the freezer unit if you have a stainless steel front since these folders are magnetized. This is where emergency personnel look if called to your residence. Many residents already have these in their home so we encourage you to update them regularly.

Your Block Captain will be contacting you to introduce themselves, share the file of life folder (if you need one), and answer any questions you may have.

If you would like to be included on the master VOLTINTEER LISTS, either let your block captain know or email Betty Hattendorf at [bihattendorf@aol.com](mailto:bihattendorf@aol.com).

In the event you cannot reach your block captain and need assistance, feel free to contact any of the other captains who have access to the same list of volunteers.

<i>Street</i>	<i>Name</i>	<i>Phone #</i>	<i>Street</i>	<i>E mail Address</i>
Valhalla	Arlene Donovan	847-695-6788	3869	nurseald@sbcglobal.net
Kingsmill-Arcadia	Kathleen Mink	847-293-4752	3897	kmink50@aol.com
	Bonnie Dombrowski	224-238-3590	3852	bcdombrowski@yahoo.com
Broadmoor	Jeanne Tolzmann	224-535-9263	1040	prp18y@hotmail.com
	Dolores Chmill	224-535-9222	1029	djchmill@hotmail.com
Riviera	Donna Vanselow	847-961-8908	1016	dvanselow@sbcglobal.net
Seigle	Debbie Nietzsche	641-799-2953	3862	nitzsche2011@gmail.com
Pinehurst	Betty Hattendorf	224-535-8496	1022	bjhattendorf@aol.com

## Care & Concerns Group Information Continued

### **\*\*Bowes Creek Care and Concern Group Reminder\*\***

Reminder to keep current on the File of Life information which hopefully you have on or in your refrigerator.

Also, contact your Block Captain if you are in need of any assistance. Your block captain has a list of residents willing to help you free of charge. Their services include preparing meals, grocery shopping, driving, running errands, sending cards, pet care, prayer time, reading to you or writing letters for you, nursing care, cleaning, knitting and miscellaneous other tasks that might be hard for you to do at certain times.

If you would like to be included on the volunteer list, either contact your block captain or [bj.hattendorf@aol.com](mailto:bj.hattendorf@aol.com).

#### **Block Captain information is as follows:**

- ♦ Valhalla, Arlene Donovan; Kingsville and Arcadia, Kathleen Mink and Bonnie Dombrowski
- ♦ Broadmoor-Jeanne Tolzmann and Dolores Chmill
- ♦ Riviera-Donna Vanselow
- ♦ Seigle-Debbie Nitzsche
- ♦ Pinehurst-Betty Hattendorf

Current contact information for them is included on the Resident List which was recently sent to you. If you did NOT receive a list, contact Betty Hattendorf at 224-535-8496



# Architectural Owners Request Operating Procedure Update



lease find as a reminder the process for owners that wish to make Architectural Improvements to their home or any enhancement which requires previous written authorization to commence proposed works within the guidelines of the rules & regulations governing modifications.

lease follow these steps when you would like to make an enhancement or change to your home:

1) Complete an Architectural Request Form which can either be located online through the associations website, e mailed from Vanguard's Customer Care Department which can be contacted via phone at 847-490-833 or e mail at [helpme@vanguardcommunity.com](mailto:helpme@vanguardcommunity.com), or one may be obtained at the Onsite Management Office.

When completing the Architectural Request Form, please ensure to provide the follow, per the request:

*All Vendor or Contractors proposals, drawings or plans must be provided with a copy of their certificate of insurance at the time that this form is provided.*

*PLEASE BE SURE THIS ADDITION CONFORMS WITH ANY REQUIREMENT SET FORTH BY THE VILLAGE, COUNTY, STATE ETC., AND THAT ANY NECESSARY PER-MITS HAVE BEEN OBTAINED PRIOR TO INSTALLATION.*

*If you are not using an outside Vendor or Contractor, drawings OF ALL IMPROVEMENTS MUST BE ATTACHED TO THE APPLICATION TO SHOW LOCATION AND DIMENSION RELATIVE TO EXISTING STRUCTURES.*

*In any case if a Vendor or Contractor is doing this work or you are doing this, a site plan must be provided, indicating changes to the final grade and showing all setbacks and easements related to the property.*

2) Submit the completed request form to the Community Manager Jeffrey Madigan via e mail at [jmadigan@vanguardcommunity.com](mailto:jmadigan@vanguardcommunity.com) or [helpme@vanguardcommunity.com](mailto:helpme@vanguardcommunity.com).

3) Upon receipt of completed Application with all supporting documentation (Vendor Insurance, Sketch of improvement drawn to scale upon PLAT of property, color, style, model #, etc.) the Community Manager will either notify the owner on what is needed to complete the application, or completed application will be sent to the Board in addition to the Building & Grounds Chair for their review & approbation.

4) Upon approval, owner will receive written approval or denial of the requested improvement within 30 days of receipt of completed Architectural Request Application as noted above.

**\*\*PLEASE NOTE THAT WHILE THE GOVERNING DOCUMENTS NOTE A 30 DAY REVIEW PERIOD IS PART OF THE PROCESS. THIS CAN BE EXPEDITED IN A QUICKER TIMEFRAME WITH THE COMPLETION & SUBMISSION OF THE ARCHITECTURAL REQUEST FORM AS NOTED ABOVE\*\***



# Find it here.

From special events and health screenings to educational services, you'll find convenient health care here.

JUNE 2013



## IROC: I'm Reducing Obesity in Children—

Join us for this 8-week nutrition education program for children and parents designed to promote life-long, healthy eating habits. Children ages 5-10 will love the hands on cooking classes that will teach and introduce them to the importance of nutrition, easy recipes, simple measurement and kitchen safety. Parents will take part in education workshops that emphasize proper nutrition for children.

**Tuesdays, June 18-August 6**, PSJH Medical Office Bldg. One/Lower Level. Registration is required by calling 877-737-4636.

## Prostate Cancer Awareness Lecture for Latino Men—

Come learn the facts about prostate cancer screening for the Hispanic man. Approximately 1 in 6 men will develop prostate cancer in his lifetime; the risk of prostate cancer is higher in a Hispanic man who is older or who has a family history of it. Presented by Dr. Jeffrey Shafer, Radiation Oncologist, PSJH Meadows Regional Cancer Care Center. **Two sessions: Saturday, June 29**, 9 a.m. OR 10 a.m. Sessions will be in English and Spanish (through an interpreter). Light refreshments and free PSA screening on site. Registration is required by calling 877-737-4636.

## Nutrition and Diabetes Diabetes Education Services:

The "Living with Diabetes" program provides comprehensive education for people newly diagnosed with diabetes or those having difficulty controlling their blood sugar. PSJH Medical Office Building # 1, Lower Level. For more information call 847-289-5732 for details. *Fee.*

## Medical Nutrition Therapy (MNT)

PSJH, MOB 1, Lower Level. MNT is a benefit for Medicare Part B participants with diabetes or non-dialysis kidney disease. Medicare will cover 3 hours of nutrition services provided by a Registered Dietitian. A referral from your physician is required. Nutrition consultation for other concerns is also available, but is not a benefit under Medicare Part B. Call 847-289-5732 to schedule an appointment. *Fee.*

## Support Groups

**Parkinson's Disease-** Patients, family members and care partners affected by Parkinson's are invited to share and support each other in this support group. Each month group will include motivating speakers with topics on how to cope and improve quality of life while living with Parkinson's. May Topic: "Sharing info from the April 2013 APDA Midwest Chapter Symposium". Refreshments will be served. **Tuesday, June 18**, 4pm. Topic: "Effective Functional Mobility Strategies for Coping with Parkinson Disease". PSJH St Luke Room, 304pm. For info, please contact Linda at 847-695-3200, ext. 3374.

"US TOO!" is an independent support network linking prostate cancer patients, survivors, and their families with the health care community. For more info, call Pastor Don Shank, Oncology Chaplain at 847-695-3200 ext. 5807 or go to [www.ustoo.org](http://www.ustoo.org). All support groups will have the program: "OPEN FORUM", led by Pastor Don. **Tuesday, June 11 – Elgin Morning Chapter** at 10 a.m. PSJH Meadows RCCC/St. Andrew Room. **Tuesday, June 18 – Tri City Chapter** at 10:30 a.m., Living Well Cancer Resource **Tuesday, June 25 – Elgin Evening Chapter** at 7 p.m., PSJH St. Luke Room

**WomenHeart** – of Fox Valley is a support group for women with heart disease.

**Tuesday, June 4**, 12:30pm. Topic: "Are Your Meds Affected by Grapefruit?" *Space is limited, so please make your reservation by calling 708-768-3673 and leave your name and phone number.* PSJH Women's Heart Center. For more info on WomenHeart of Fox Valley, contact Alberta England, WomenHeart Champion at 847-639-2037 or email: [WH-FoxValley@womenheart.org](mailto:WH-FoxValley@womenheart.org).

**Stroke Survivors Support Group-** Join a friendly, supportive environment where stroke survivors and their families can share their experiences of coping with a stroke. Regular meetings have featured speakers, educational material, outings & social activities. **Friday, June 7 & Friday, June 21**, 11:30 am–1:30 p.m., PSJH, St. Luke Room. (Bring a sack lunch!) For more information call Rose at 847-695-3200 ext. 3841.

**Young Adults with Cancer** – For ages 18-40+ years. PSJH Meadows Regional Cancer Care Center, **Friday, June 14 & Friday, June 28**, 10-11 a.m.-PSJH Meadows RCCC, St Andrews Room. *No Fee.* For questions, please contact Laurie Cox, Oncology Counselor/Art Therapist at 847-695-3200, ext. 3668.

**Survive & Thrive:** For women who have experienced breast cancer. **Thursday, June 20**, 6-7:30 p.m., PSJH Meadows Regional Cancer Care Center. For information, please contact Karen RN, at 847-695-3200, ext. 5808.

**Mended Hearts:** Open to anyone who deals with heart health issues. Family members are welcome! **Tuesday, June 11**, 7-8:30pm St. Luke Room. For more information call 847-888-3193.

**Epilepsy Support Group:** This group is intended for adults living with seizures/epilepsy and explores the emotional aspects of epilepsy, new treatments and daily challenges related to living with seizures, among other topics. **Thursday, June 27**, 7 p.m. PSJH St. Luke Room. For further info, please call 847-695-3200, ext 5767

**Amputee Support Group:** The "We Are Able" Amputee Support Group provides a friendly supportive environment where folks with a limb loss and their families can share their experiences of coping with this change. Featuring speakers, educational material, outings and social activities. **Friday, June 14**, 3:30 - 5 pm, PSJH St Luke Room. For more info, contact Rose at 847-695-3200, ext. 3841.

**Grief Share:** Ongoing drop-in support group designed to provide emotional support & guidance after the death of a loved one. No registration required. For more information call pastoral care (847) 695-3200 ext. 5767. **Thursday, June 20**, 7pm, PSJH St. Luke Room.

**Total Joint Class:** For patients who are scheduled for total joint replacement or interested in it. Sessions taught by RN, PT and Case Manager. **Monday, June 3** and **Thursday, June 20**, from 10-11:30 a.m. For more information call 847-695-3200 ext. 5539.

## Community Education

**Skin Cancer Screening** - Screenings will be performed by physicians Suleman Bangash, DO and Kerri Daniels, PA; **Thursday, June 20, 5-7pm** at PSJH Meadows Regional Cancer Care Center. Screening is free and appointments are limited. Please call 877-737-4636 to schedule your appointment!

**Cholesterol, Blood Pressure & Blood Sugar Screening**- finger stick; 12 hour fasting required; but continue taking medications as required). With this screening you may have only water it will not part of this fasting. Registration is required: 877-737-4636. Cost: Free. **June 4, PSJH Diabetes Classroom June 11, Taylor YMCA – Elgin**

**Freedom from Smoking**- Resources available by calling the Illinois Tobacco Quit-line at 866-784-8937 daily 7am- 11pm.

**Bereavement:** Co-sponsored by Fox Valley Volunteer Hospice, Presence Hospice and PSJH

### Light Finders

A six-week support group for survivors of suicide loss, for which the journey of healing can be lonely, painful and confusing. This group provides a safe environment to talk openly -- a place where others will listen without judging and a place to share experiences with others who understand this loss. An intake interview is required before registering by calling Carol Ann at (630) 232-2233, ext. 224. Free, but refundable deposit required.

**Tuesdays, June 18 to July 23, 6:30pm**

### Memories of Dad

For those whose fathers have died, Father's Day is often a bittersweet holiday, evoking a heightened sense of the loss. Join us for an evening of reflecting and remembering during which you will learn some comforting ways to honor your father's memory.

**Monday, June 10, 6:30 to 8:30 p.m.**

Registration and refundable deposit required by calling 630-232-2233

### Next Step

This program is an amazing resource for those who have lost a life partner. Registration is required in advance by calling Carol Ann Richeson at (630) 232-2233, ext. 224. Held at the FVVH offices at 6:30 p.m. **June 13,** Topic: Risk Taking

### Pathways

This seven-week group addresses issues faced by those who have experienced the death of a spouse or life partner. Emotional support is offered as well as assistance with accepting the death and coping with grief. Registration is required. Free, with refundable deposit. Please call FVVH at 630-232-2233.

**Wednesdays, June 5 to July 24,** (no meeting July 3) 1 to 2:30 p.m. OR **Tuesdays, June 18 to August 6,** (no meeting July 2) 7 to 8:30 p.m.

### Mind – Body – Spirit Wellness

**Open Art Studio:** Oncology patients & their family members are invited to express themselves through artwork in an open studio environment. *No artistic ability necessary.* Open **Mondays & Fridays** in St. Andrew Room, Meadows Regional Cancer Care Center. To register, contact Laurie, LCPC, Oncology Counselor/Art Therapist at 847-695-3200, ext. 3668.

**Massage Therapy:** State licensed massage therapists provide massage for *relaxation or therapeutic purposes* to encourage the body's healing process.

Massages are: 30 minutes-\$40; 60 minutes-\$60 ; 90 minutes-\$88

Appointments available in Elgin and Carpentersville. Call 847- 695-3200 ext. 3437 for an appointment or to purchase a gift certificate.

### Additional Resources

**Presence Hospice** – Presence Hospice assists patients and families to live fully within the protection of professional health care, surrounded by loving family and friends. For more information call Presence Hospice 847-622-3467.

**Presence Home Care**- Home Care provides skilled nursing; physical, occupational and speech therapies; medical social services, and assistance with personal care in the comfort and privacy of the home setting. We work with you and your personal physician even before you are discharged from the hospital—or leave your physician's office. Presence Home Care is a Medicare certified agency. You may reach us at 847-931-5553.

 Find us on Facebook

**Advance Directives** - are documents in which you state your wishes for your medical care in the event you are unable to speak for yourself. In a Durable Power of Attorney for HealthCare you appoint an agent who is empowered to speak for you on medical matters at any time you are unable to speak for yourself. Pastoral care staff can assist them in formulating a Living Will, Health Care Power of Attorney, or both documents. If you have questions about Advance Directives, please call the Pastoral Care at 847-695-3200, ext 5767. *Chaplains are available for presentation to community groups.*

**Behavioral Health Crisis Line** - A 24 hour Crisis referral line for Mental Health issues for adults and adolescents. For more information call 847-931-5521.



## HEALTH OBSERVANCE—JUNE 2013

### Month Long:

*Men's Health Month*

[www.menshealthmonth.org](http://www.menshealthmonth.org)

*Cataract Awareness Month*

[www.preventblindness.org](http://www.preventblindness.org)

*Hernia Awareness Month*

[www.herniainfo.com](http://www.herniainfo.com)

*Migraine Awareness Month*

[www.headaches.org](http://www.headaches.org)

### Week Long:

June 2-8 | Community Health Improvement Week

June 2-8 | Sun Safety Week

June 10-16 | Men's Health Week

June 23-28 | Helen Keller Deaf-Blind Awareness Week

## SERVICES PROVIDED

- Domestic Violence Program
- Economic Crisis Program
- Sexual Assault Program
- Anger Intervention Program
- 24-hour Crisis Line
- Emergency Shelter
- Counseling
- Transitional Living Program
- Court & Hospital Advocacy
- Community Education

## BOARD OF DIRECTORS 2012 - 2013

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Keith Brill, *Treasurer*  
Betty Rauschenberger, *Secretary*  
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Mariana Barriga  
Jean Bowen  
Neris Diaz-Cabello  
Jason Giancaterino  
Robert Jackson  
Marios Karayannis  
Jodi Martin  
Lisa West

**Executive Director**  
Gretchen S. Vapnar

May 2013

### *Jana's Story*

*Jana is a 26-year-old young woman with 2 small children, age 19 months and 3 months. Her husband who works in construction is unemployed; Jana works a part-time job at a local convenience/gas station; money is tight, **food is scarce, diapers a luxury.** Jana comes to the Crisis Center at least 2 times a month for food and diapers; she uses the other food pantries as often as she can.*

*Our Case Managers speak with her each time to see if we can offer her and her family more assistance; we always **ask if she is safe.** If she is alone she takes a moment to talk with us and we learn that her husband is drinking too much and they are having trouble making rent; **she is tired.** We share our services with her and tell her to call the crisis line at any time. We provide her with food and diapers for the next few days and **encourage her to come back.** She squares her shoulders, picks up the bags and walks down the stairs.*

Jana is just one of the more than 6,000 stories that have touched us this year. 249 women and their 181 children sought safe refuge in our shelter for 8,000 nights; nearly 10,000 calls were made to the crisis line; 1,200 women reached out for help with domestic violence; 3,900 people facing homelessness asked for assistance from our Economic Crisis Program; 1,900 families received 38,000 emergency meals and 835 families received 44,000 diapers.

Your continued support is essential to the people we serve, people like Jana. The Crisis Center is available 24 hours a day every day providing assistance to those in crisis, people with few resources and little support. Please consider making a gift that will make a difference in the lives of many.

Peace,



Gretchen S. Vapnar  
Executive Director

## COMMUNITY CRISIS CENTER, INC MISSION

We provide Safety, Hope, Advocacy, Respite and Education for those impacted by crisis and violence in the Fox Valley Region and Illinois.

May 29, 2013

Bowes Creek Active Adult Master Assoc.  
Mr. Jeff Madigan  
3651 Centennial Way  
Elgin, IL 60124

Dear Mr. Madigan:

*"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."*

*Melody Beattie*

On behalf of the Board of Directors, staff and clients of the Community Crisis Center at George Van De Voorde Place thank you for your donation of food on 5/21/2013. Your support provides essential services to individuals and families in crisis.

The Crisis Center responds to the need of individuals and families affected by domestic violence, sexual assault, and homelessness. Services include a 24-hour hotline, a shelter for 40 women and children, individual and group counseling, financial assistance to prevent homelessness, partner abuse intervention, and advocacy through the legal, medical and social welfare systems. ***Founded by volunteers in 1975, the Center has grown to serve more than 6,000 people each year.***

The Crisis Center is committed to providing essential services to those in need. We are grateful for the support we receive; it does *"bring peace for today"* and allows us to *"create a vision for tomorrow"*. We are indeed fortunate to have individuals, organizations and businesses as partners in working to make a difference in the lives of others. On behalf of the people we serve, thank you for your kindness and generosity.

Peace,



Gretchen S. Vapnar  
Executive Director

*P.S. Current tax laws require us to state that no goods or services were provided in exchange for your gift, making it tax deductible to the extent allowed by law. You, the donor, determines the value of the donated item(s). Please retain this letter as your official receipt for tax purposes.*

***Visit Reruns, Too Thrift Store at 1341 Manor Court on Elgin's westside  
at Wing Street and McLean Blvd  
Tues – Sat 10 am – 3 pm; Thurs til 7 pm 847-697-2662***

**COMMUNITY CRISIS CENTER, INC MISSION:**

We provide Safety, Hope, Advocacy, Respite and Education for those impacted by crisis and violence in the Fox Valley Region and Illinois



# Bowes Creek Website Benefits & Log in Info

You can opt in to receive all website updates and real time account information by email so you don't even have to log-in!

## Things you'll gain access to:

- Real time account balance
- Association documents
- Association forms
- Work order status updates
- Violation notices
- Meeting Reminders
- Announcements
- Events Calendar
- Community Newsletter



## Here's How to Register and Log in:

\*you will need your account number, found on assessment coupon

- Go to [www.vanguardcommunity.com](http://www.vanguardcommunity.com), click the orange "Homeowners" button at the top right of the page.
- Enter "Bowes" in the search area under "Owner Login" in the middle of the screen. A list will automatically populate under the search bar as you type. Just choose your community from the list, and click the "Go" button to continue. You can bookmark this Login page to get back quickly the next time you visit.
- If you are a first-time visitor, click the "Sign Up For New Account" link and follow the directions to create your personal login.
- If you are a returning visitor who has already registered, enter your User ID and Password and click the button to log in to the Website. If you cannot log in, click the Forgot Password link and follow the instructions.

Call Customer Care at 847-882-8207 or email [helpme@vanguardcommunity.com](mailto:helpme@vanguardcommunity.com) for further assistance!

### **VANGUARD COMMUNITY MANAGEMENT**

50 E Commerce Drive  
Suite 110

Schaumburg, IL 60173

Phone: 847-490-3833

Fax: 847-490-9807

E-mail: [Helpme@vanguardcommunity.com](mailto:Helpme@vanguardcommunity.com)