



Calendar of events

A LOOK AT THE WEEK AHEAD

Send calendar events (at least two weeks in advance, if possible) to Community, 4475 Regency Place, Suite 301, White Plains MD 20695. Email items to community@somdnews.com. Include a contact phone number or email on all submissions.

Ongoing

Platinum Senior Care Assisted Living, LLC will host Reminiscing Cafe 6-9 p.m. Mondays-Fridays and 8-11 a.m. Saturdays-Sundays at the facility, 4018 Blackbird Court, Waldorf. For more information, call 301-638-3194.

Vconnections will hold Veterans Coffee Break 9-10:30 a.m. Mondays at Chick-fil-A, 107 Drury Drive, La Plata. For information, go to www.vconnections.org.

Pomfret Way-of-Life Al-Anon Family Group and Alateen will meet 8 p.m. Tuesdays at St. Joseph Church, 4950 Saint Joseph Way, Pomfret. For more information, go to www.marylanddc-alanon.org or call 1-800-425-2666.

Kiwanis of Waldorf meets Wednesdays 7:30-8:30 a.m. at Comfort Suites, 11765 Business Park Drive, Waldorf. For more information, contact Carol Cox, 301-758-3082 or carol.cox@gmail.com.

Vconnections will hold Veterans Coffee Break 9-10:30 a.m. Wednesdays at Chick-fil-A, 3365 Crain Highway, Waldorf. For information, go to www.vconnections.org.

American Legion Auxiliary Unit 82 will hold bingo on Thursdays at Harry White Wilmer American Legion Post 82, 6330 Crain Highway, La Plata. Early birds begin 7 p.m. Doors open 6 p.m. For more information, call 301-934-8221.

Southern Maryland Brain Injury Support Group will meet 6-7:30 p.m. the second Thursday of each month at Spring Dell Center, 6040 Radio Station Road, La Plata. For more information, call Jerry, 301-753-6335, or Debbie, 301-932-4920.

Friday Nighters Al-Anon Family Group will meet 8:30 p.m. Fridays at Lifestream Church Of The Nazarene, 5105 Leonardtown Road, Waldorf. No Alateen meeting. For more information, go to www.marylanddc-alanon.org or call 1-800-425-2666.

Tryouts for Southern Maryland Velocity 13U travel baseball team will be held 7:30 p.m. Fridays at 8275 Old Leonardtown Road, Hughesville. For more information, go to www.smdvelocity.org or email smdvelocity@aol.com.

Vconnections will host Veteran Women and Family Coffee Break 9-10:30 a.m. Fridays at Chick-fil-A, 107 Drury Drive, La Plata. For more information, go to www.vconnections.org.

Vconnections will host Veterans Coffee Break 10:30-11:30 a.m. the second Friday of each month at Burger King, 30004 Three Notch Road, Charlotte Hall. For more information, go to www.vconnections.org.

Job seeker registration for CSM Tri-County Job and Career Fair is open for area residents planning to attend. Fair will be held 10 a.m.-2 p.m. March 28 at College of Southern Maryland, La Plata Campus, Business and Industry (BI Building), Room 113, 8730 Mitchell Road. Registration is free and recommended. Go to www.csmd.edu/jobfair or call 301-934-7569.

The American Legion Post 238 in Hughesville will host a Turkey Shoot 1 p.m. every Sunday. For more information, call Gary at 240-434-8490.

Submission deadline for spring edition of CSM's Connections Literary Magazine will be March 17. For submission guidelines, go to www.csmd.edu/community/connections-literary-series/connections-magazine. For information, go to www.csmd.edu/connections or call 301-934-7828.

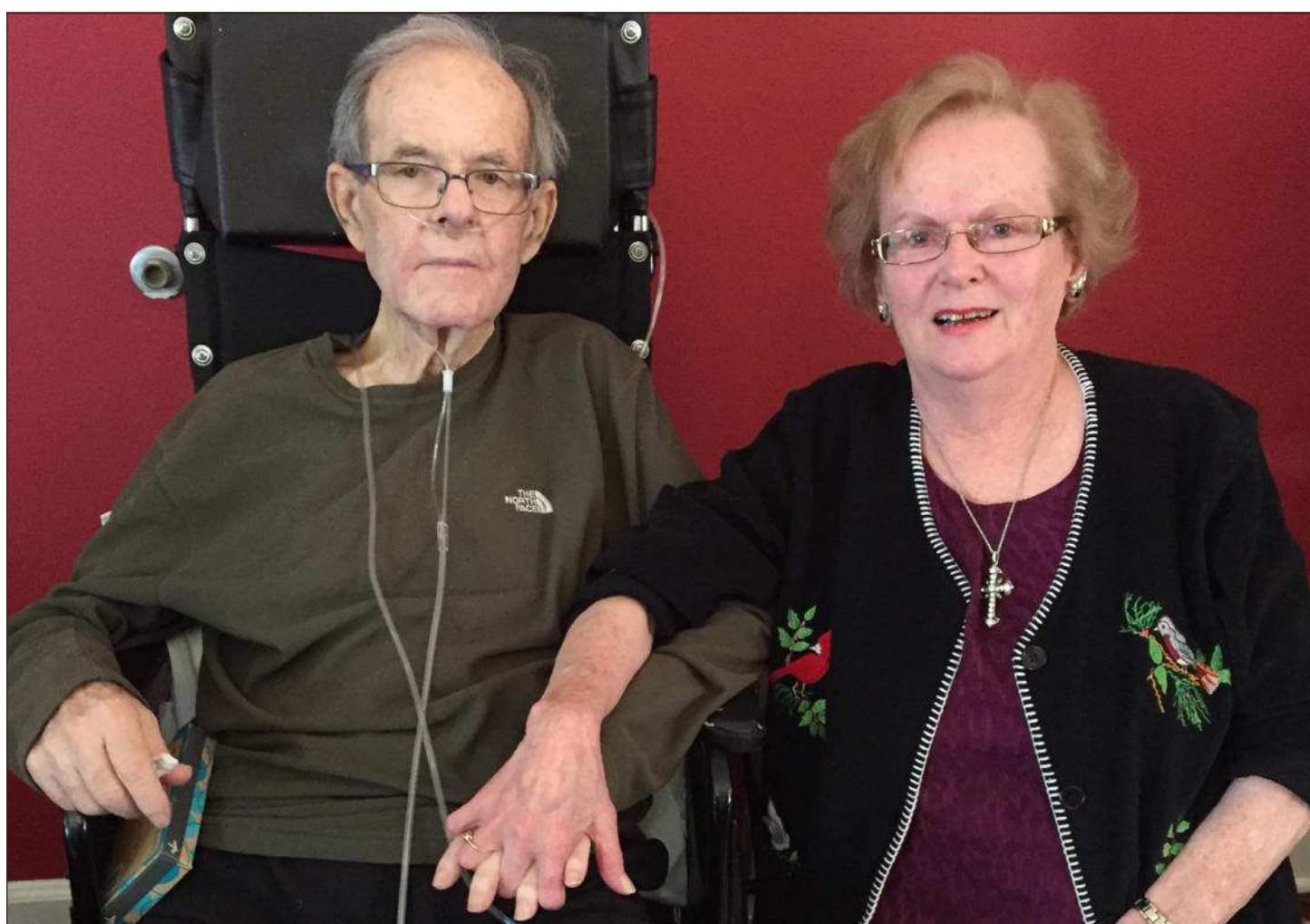
Wednesday, March 15

Tri-County Youth Services Bureau will offer Anger Management 6:30-7:30 p.m. March 15 at the office, 75 Industrial Park Drive, Waldorf. For more information, call 301-645-1837 or e-mail info@tcysb.org.

Tri-County Youth Services Bureau will offer Space-2-Create 6-8 p.m. March 15 at the office, 75 Industrial Park Drive, Waldorf. For more information, call 301-645-1837 or e-mail info@tcysb.org.

VITA Tax Prep Assistance will be 10 a.m.-5 p.m. March 15 at Potomac library, 3225 Ruth B. Swann Drive, Indian Head. Call for appointment. Income restrictions apply. Ages 18 and older. Restrictions re-

Photo contest celebrates beauty in growing older



SUBMITTED PHOTOS

Danielle Kocinski's photo of her parents, John and Violet Cowles, won the Sagepoint Images of Aging contest, as determined by Facebook and Instagram popularity. John Cowles was a former rehab patient at Sagepoint.

By **SARA NEWMAN**
snewman@somdnews.com

Danielle Kocinski wanted to remember her father positively during his last days at Sagepoint Senior Living Services in La Plata. As the winner of the Sagepoint Images of Aging contest, the Leonardtown resident said she can now have a happy occasion to remember his days there.

"The main reason I entered was so that I could have a positive memory of him being there, other than just him being sick," Kocinski said of her father. "It feels like he kind of lives on through his photo. Now I have something positive to think about."

John Cowles was 78 years old when he died at the rehabilitation center where he was admitted to recover from a heart attack. The photo Kocinski submitted of his was with his wife, Violet Cowles, during one of his last enjoyable social outings.

"The day the picture was taken was the day my Mom had a [1940s/1950s] musical group come and play for him and the residents and it was probably the last good day he had," Kocinski said.

Images were collected for the contest through Feb. 28 and votes were tallied afterwards. Winners were announced March 9. This is the second year Sagepoint has held the contest, according to Marketing Coordinator Kelsey Pearson.

"The goal... is to engage members of the Southern Maryland community as they document what aging means to them while encouraging an appreciation for aging," Pearson said.

Pearson said 18 entries were received encompassing many themes to include family, beauty, love, humor and Alzheimer's Disease. The overall contest winner was determined by the highest number of Facebook and Instagram likes and received a \$200 gift card. Kocinski's photo of her parents won with 48 votes at the time voting ended.

"There was a lot of people thinking the picture was cute and liking the story. A lot of it was either on my [Facebook] page or on my sister's Facebook page," Kocinski said. "I think we won because I had help



Rebecca Giannini's photo of Michael and Lorraine Fanase received the Staff Choice award in the Sagepoint Images of Aging contest. The contest was designed to document what aging means to the community and encourage an appreciation for growing older.



Kristal Tucker's photo submission of three generations received the Residents' Choice award in the Sagepoint Images of Aging contest. The contest was designed to document what aging means to the community and encourage an appreciation for growing older.

from my family. My sister has a lot of Facebook friends and we were persistent in asking for votes. My two daughters were responsible for the Instagram."

The contest also recognized two other submissions as the "Staff Choice" winner and "Resident Choice" winner who each received \$50 gift cards. Rebecca Giannini won the Staff Choice category with a photo of Michael and Lor-

raine Fanase. Kristal Tucker won the Resident Choice category with a photo of three generations of women.

"I think a lot of people have an image of Sagepoint or any facility like it as being a place where everyone is sad or sick but [the contest] shows they can be happy and have stories to show through their photos and can connect emotionally with other people," Kocinski said of the contest.

Kocinski said she invit-

ed family to a dinner at Carabba's where they used the winning gift card to celebrate with a dinner in memory of her father.

"I think [people] can see sincere joy in my Mom's face and the bonding of my mom and dad holding hands and that she was still happy in spite of him being sick. He was too even though he's not smiling. He wasn't much of a smiler," Kocinski laughed.

Twitter: @indy_community