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Attitudes are contagious: The Roger Whitehouse Story

Roger Whitehouse was thirteen months old when his father, the head accountant at the Oxford Paper mill, died at thirty-six. His mother, Glenda, was left to raise seven children on her own. She would bury three husbands over the years while holding the family together. Roger, the middle of seven, says affectionately, "Everything he is traces back to her." Grief never slowed her for long. When the losses came, as they inevitably do, she kept moving, and when her children questioned how, she answered plainly: life goes on. Her heartfelt words have guided him throughout his entire career. He has carried them into every office he ever managed: "It is nice to be important, but it's more important to be nice."

He grew up the middle child, in Mexico, Maine with very little, graduated from Mexico High School in 1968, and was in the very last class to attend the old school building and the first to receive diplomas in the new auditorium. While most of his classmates shipped out for Vietnam, Whitehouse waited as the FBI and CIA looked into his background. The Navy was staffing a top-secret base in Morocco and wanted steady, even-tempered men. The assignment called for steady, levelheaded men, and he was chosen. He served nearly four years as a radioman, finishing his service aboard the guided-missile destroyer USS Conyngham, and still has a photo of himself beside the handwoven tapestry that a Moroccan vendor traded him for his lucky rabbit's foot.



Roger Whitehouse, Smokey Lowell and Bobby Whitehouse. Submitted photo

Home again, he went to work for the unemployment office in 1972, earning his college degree in the evenings and Saturday classes. For eleven years, he also ran Melody's Beauty Shop. He eventually managed the office, and in 1995 was named one of three winners nationwide of an award for the unsung hero who promotes public service. After retiring in 2002, he bought a real estate office on the bank of the Androscoggin River in his hometown of Mexico.

For years he posted affirmations in place of "for sale" notices on his roadside sign. One read: "Attitudes are contagious. Is yours worth catching?" That simple message motivated a local ice cream shop owner to call and tell him that it changed his life around. Roger still has the Department of Labor T-shirts that carry the message. That belief in doing, rather than waiting for "them" to do it, runs through every part of his life.

In the 1980s, he joined the chamber of commerce, serving as vice president and suggesting the name River Valley Chamber to welcome aall-the surrounding River Valley towns. In 1990, he wanted a holiday event that embodied the old days for bringing people together to celebrate the Christmas season of his childhood. It would be a way to help local shopkeepers and give neighbors something joyful to share with their families and community. Christmas in the Valley

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was born. He simply began by asking why the Christmas parade of his childhood days had stopped, and the idea to bring it all back better than ever was born. When he learned school vacation kept the high school band away, he moved Santa's arrival back a week, opening the door to floats, live music, and a full-on parade.

Businesses donated pizzas and sandwiches, local taxi drivers delivered them, carolers sang in the streets, the banks and post office, and a live Nativity display grew so large it had to be moved to Hosmer Field, where three wise men once arrived on horseback to be part of the festivities. Visitors brought nonperishable food for neighbors in need. For more than a decade, Roger was Santa. Every year, he would greet the community dressed as Santa Claus, where he would sit and listen to the local children give him their wish lists. It was a perfect fit.

In 2010 he joined the River Valley Rotary Club and later served as its president, supporting Crutches 4 Africa, a non-profit which collects mobility aids, and helped foster a winterization program that helps seniors over fifty-five prepare their homes for Maine's cold winters. He took it over about six years ago, visiting local homes to note what each person needed, then organizing volunteers to install window kits and weatherproof doors and pipes. This year, however, it is on pause, with several members moving away or heading south for the winter. It is his hope that they will return next season, and he holds out hope that a younger generation will step in to help their community members in the future to carry on the program.



Submitted photos

Roger Whitehouse, Rotary Club President, Connie Venskus, and Dave Duguay - Rotarian of the Day!

He has collected many honors in public service, real estate, and Rotary, along with a "Kindness Counts" plaque for his Christmas work on behalf of the local homeless shelter, but he mentions them to encourage others to get involved. This man does not care about the accolades or awards as he looks back at his life. What he cares deeply about is that he has done his part to make a difference. At seventy-seven years old, he is still going strong.

Those of you who have the good fortune to meet Roger Whitehouse come away richer for it. He lives the goodness he talks about, and nobody tells a hometown story quite like he does. When I ended our interview for this article, I finished with the same question that I ask everyone that I am writing about: "What do you want people to know about you?" His answer to me was simple: "It isn't about me, and it isn't about you. It's about all of us together." For this writer, it was the perfect stopping place to tell his story.



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Maine leaders launch age-positive public health movement

BRUNSWICK - The Maine Council on Aging (MCOA) and Maine Public Health Association (MPHA) announced last week the launch of a new Age-Positive Public Health movement to help make Maine a place where longer lives are healthier lives.

Announced at the organizations' back-to-back annual conferences, the partnership brings aging and public health leaders together around a simple idea: Mainers are living longer, and we need to be much more intentional about helping people live these additional years in good health.

"Longer lives are an incredible opportunity, but only if we are as focused on healthspan as we are on lifespan," said Jess Maurer, Executive Director of MCOA. "Ageism gets in the way. It limits what we believe is possible as we age and influences the systems we build. We want Maine to plan for healthier, longer lives and build the systems and communities that make them possible."







How we age is shaped over a lifetime—by access to health care, nutritious food and safe housing, opportunities for connection and purpose, where we live, how we work and the advantages and disadvantages we experience along the way. It is also shaped by what we believe about aging.

Ageism, negative beliefs and stereotypes about getting old, can influence our own health and behavior as well as decisions made in health care, workplaces, communities, and public policies. Research also tells us that positive beliefs about aging are associated with better health and longer life.

"In listening sessions we held across the state, we heard from people who want to age well in their communities, stay connected with their neighbors and live safely in their homes. We are excited about this new partnership because it's about figuring out how to help more Mainers live long and healthful lives," said Rebecca Boulos, Executive Director of Maine Public Health Association.

The Age-Positive Public Health movement will build on existing infrastructure and focus on three areas: using data to understand healthy aging and identify gaps; bringing an age-positive healthy aging lens to current public health priorities, policies and programs; and creating opportunities for public health professionals to learn about ageism, longevity and healthy aging.

People and organizations interested in joining the Age-Positive Public Health movement can learn more and sign up through the Maine Council on Aging website at *mainecouncilonaging.org/age-positive-public-health-movement*.

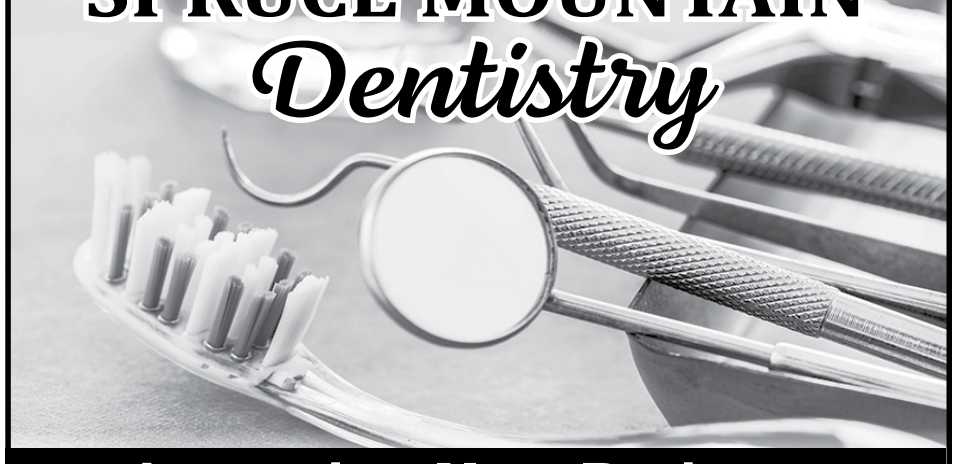
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AARP® NEWS

AARP Maine announces winner of annual Andrus Award for Community Service

Honor Goes to Bowdoinham Resident Grace McCarthy

PORTLAND - AARP Maine announced today that Bowdoinham resident Grace McCarthy is the winner of the 2026 Andrus Award, named in honor of AARP's founder, Dr. Ethel Percy Andrus. The Andrus Award celebrates and honors those who make a difference in the lives of others, and it is the most prestigious and visible award AARP presents each year.

Grace McCarthy's extraordinary public service actively embodies Dr. Andrus' motto "To Serve, Not To be Served."

Noël Bonam, AARP Maine State Director, stated, "The AARP Maine Andrus Award acts as a symbol that every single person can make a difference, and that each person can bring about positive social change. We are deeply proud to be presenting this year's award to Grace McCarthy, whose record of achievement, service and commitment provides an excellent example of the power of giving back to others."

Grace McCarthy is one of the lead volunteers for AARP Maine's educational initiatives to advance awareness about scam and fraud prevention that often target older adults with alarming precision. Together with other volunteers, Grace helped establish the AARP Maine Speakers Bureau to better reach vulnerable Mainers around the state. This year, Grace spearheaded a unique event entitled "The Scamdemic Up Close" which included national as well as state speakers including Maine Attorney General Aaron Frey who moderated a panel discussion. The program brought over 200 participants together virtually and in person.

"In giving older Mainers a voice in the fight against scams and fraud, Grace has become a significant part of our community and a key leader on critical advancements as well as local initiatives in Maine," said Bonam. "She sets herself apart with her generous spirit and dedication to help others above all else."



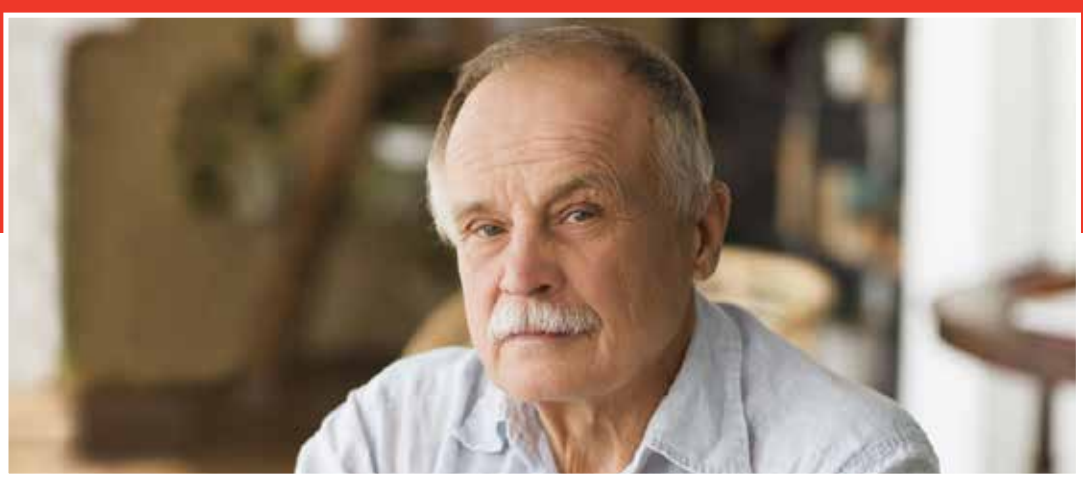
Grace McCarthy

A native of Maryland, Grace McCarthy has called Maine home for over 40 years. She served as a law enforcement officer during the 70's and 80's and was selected to attend the FBI National Academy. She now continues her commitment to public service by leading efforts across Maine to combat fraud and protect consumers. In addition to her volunteer work with AARP Maine, Grace also volunteers during tax season as a tax preparer with CASH MAINE and serves as an Extraordinary Minister for All Saints Parish Church in Brunswick. She says she has been blessed throughout her lifetime with an encouraging family.

Grace received the Andrus Award at the AARP Maine Annual Meeting at the Maine Maritime Museum in Bath. "I am deeply honored to receive this award," she said. "The fraud prevention programs offered by AARP are premium. The entire AARP Maine staff is supportive and encouraging, and they make me feel treasured as a volunteer."

AARP has long valued the spirit of volunteerism, and the important contributions AARP volunteers make to their communities, neighbors and the programs they serve. We welcome new volunteers to serve in a variety of roles with AARP Maine and hope you will visit our website or call our office at 1-866-554-5380 if you would like to join our volunteer team.

AARP Maine



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SOCIAL SECURITY WE EARNED IT

Paid for by AARP

November is Lung Cancer Awareness Month ~ National Lung Cancer Screening Day is November 14th

November is Lung Cancer Awareness Month in the United States. The primary goal is to raise awareness about lung cancer, its risk factors, symptoms, early detection, and treatment options. This annual month-long campaign aims to educate the public about the importance of lung health and encourages people to take proactive steps towards prevention and early diagnosis.

During National Lung Cancer Awareness Month, various organizations, healthcare providers, advocacy groups, and communities organize events such as informational sessions, fundraisers, walks, and screenings. These activities aim to empower individuals with knowledge about lung cancer, reduce stigma associated with the disease, and emphasize the importance of research and support for those affected by lung cancer.

Free ME from Lung Cancer is honored to partner with the following organizations to highlight lung cancer and lung cancer screening in Maine: The American Cancer Society, Maine Lung Cancer Coalition and all the hospitals listed below and bring special acknowledgement to Mount Desert Island Hospital. Although Mount Desert Island Hospital is a small community hospital, it's important to mention that they were the first American College of Radiology Imaging Center of Excellence in the nation.

According to the American Cancer Society 2026 Cancer Facts & Figures report, an estimated 229,410 new cases of lung cancer (110,920 in men and 118,500 in women) will be diagnosed in the US and 124,990 people will die from the disease (63,040 in men and 61,950 women) Lung cancer accounts for more than 1 in 5 cancer deaths each year. According to the American Cancer Society, the lifetime risk of developing lung cancer in the United States is about 1 in 19 (approximately 5.3%) for the general population, including both smokers and non-smokers. Yes, even those who don't smoke can get lung cancer.

The American Cancer Society 2026 Cancer Facts & Figures also reports that 1,460 people in Maine will be diagnosed with lung & bronchus cancers and 800 will die of the disease. Lung cancer remains the number one cause of death from cancer in Maine (and in the US). We can try to change those statistics by joining together to provide awareness and education and encouraging patients who are at high risk to talk with their doctors to see if they should be screened for lung cancer.

Saturday November 14th is National Lung Cancer Screening Day. This annual event aims to increase access to lung cancer screening, particularly for people who work during the week and may have difficulty accessing screening services during regular business hours. Many hospitals and other health care facilities in Maine offer lung cancer screening, with some offering screening evenings and/or weekends. We urge all patients who are at high risk for lung cancer (those between the ages of 50-80 who currently use tobacco or did within the past 15 years) to contact their primary care clinician to see if they qualify to be screened. Catching lung cancer early creates treatment opportunities to save lives and improve outcomes. Screening for lung cancer is a quick, easy and non-invasive procedure offered by many health care providers and is fully covered by most insurance companies including Medicare and MaineCare if you are eligible. Eligibility is based on how much a person used tobacco in their life time and how long it has been since they stopped using tobacco. Talk with your primary care provider about the risks and benefits of lung cancer screening. Early detection does save lives.

The following facilities offer low dose lung screening CT scans:

Central Maine Healthcare 6 days a week
Central Maine Healthcare Bridgton 6 days a week
Central Maine Healthcare Rumford 6 Days a week
MaineGeneral Health 7 days a week
MaineHealth Maine Medical Center Portland 7 days a week
MaineHealth Franklin Hospital
MaineHealth Lincoln Hospital 7 days a week
MaineHealth Mid Coast Hospital 7 days a week
MaineHealth Pen Bay Hospital 7 days a week
MaineHealth Waldo Hospital 5 days a week
Mount Desert Island Hospital Bar Harbor 5 days a week 7am to 5 pm
Northern Light AR Gould Hospital Monday - Friday 7:30am - 4:30 pm, Saturday 9:30am - 11:00am
Northern Light Blue Hill Hospital Monday -Friday 8:30am - 4:00pm, Saturday 9:30am - 2:30pm
Northern Light CA Dean Hospital Monday - Friday 7:00am - 4:00pm Outside of these days and times, screenings are available by advance appointment.
Northern Light Eastern Maine Medical Center Monday - Friday 7:30am - 6:00pm
Northern Light Maine Coastal Hospital Mon - Fri 7:30am - 5:30pm, Sat and Sun 9:30am - 2:30pm
Northern Light Mayo Hospital Monday Friday 7:00am - 6:00pm Outside of these days and times, screenings are available by advance appointment.
Northern Light Mercy Hospital Portland Monday - Friday 7:30 am - 4:30 pm
Northern Light Sebasticook Valley Hospital Monday - Friday 7:30am - 4:00pm Outside of these days and times, screenings are available by advance appointment
RAYUS Radiology Auburn Monday - Friday 9:00am-5:00pm
RAYUS Radiology Brunswick Monday - Friday 9:00am - 5:00pm
RAYUS Radiology Rock Row Westbrook Monday-Friday 8:00am-5:00pm
RAYUS Scarborough Monday and Tuesday 7:00am-6:00pm, Wednesday and Thursday 7am-5pm, Friday 7:00am -6 :00pm and Some Saturdays available (hours vary)
Redington-Fairview General Hospital 5 days a week 7:00am to 4:30pm

We do not have information from other Maine hospitals about whether they offer lung cancer screening. Please check with your local hospital if they are not listed.

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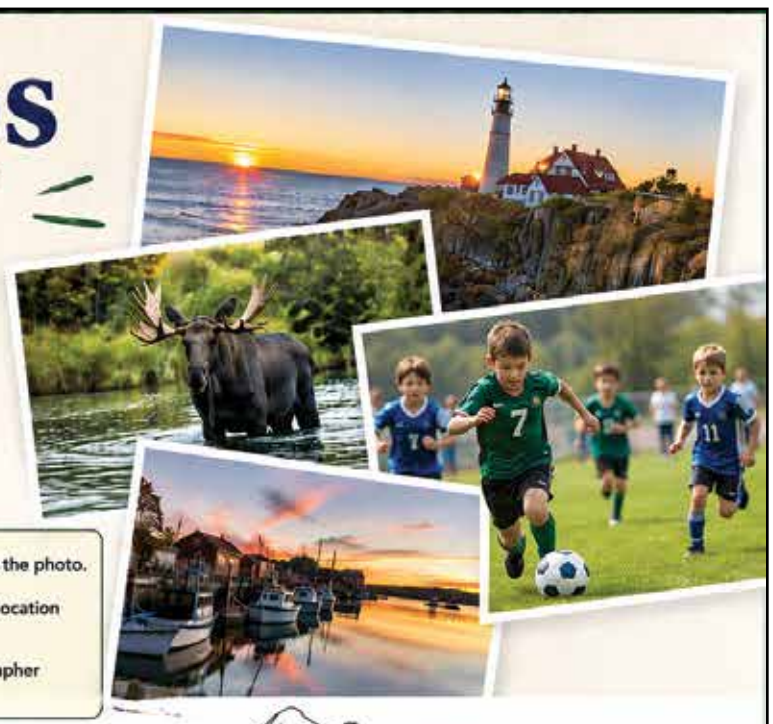
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Gray Divorce: Protecting Your Future After 50

Divorce is not just for younger couples anymore. Since 1990, the divorce rate among Americans over 50 has roughly doubled, and many of those couples have been married for decades. Researchers have a name for it: "gray divorce."

Ending a long marriage raises questions that look very different at 60 than at 35. There is less time to rebuild savings, and the decisions you make now can shape the rest of your retirement. A few issues to consider:



• Retirement savings

Maine divides marital property "equitably," which means fairly, but not always equally. Pensions and 401(k)s often make up a large share of a couple's wealth, and dividing many of them requires a court order, called a qualified domestic relations order (QDRO), to avoid taxes and penalties.

• Social Security

If your marriage lasted at least ten years, you may be eligible for benefits based on your former spouse's work record, without reducing what they receive.

• Spousal support

Under Maine law, the length of marriage is an important factor when a court decides whether, and for how long, one spouse should support the other.

• Health insurance

If you are under 65 and covered through your spouse's employer, plan for coverage until you qualify for Medicare.

• The family's home

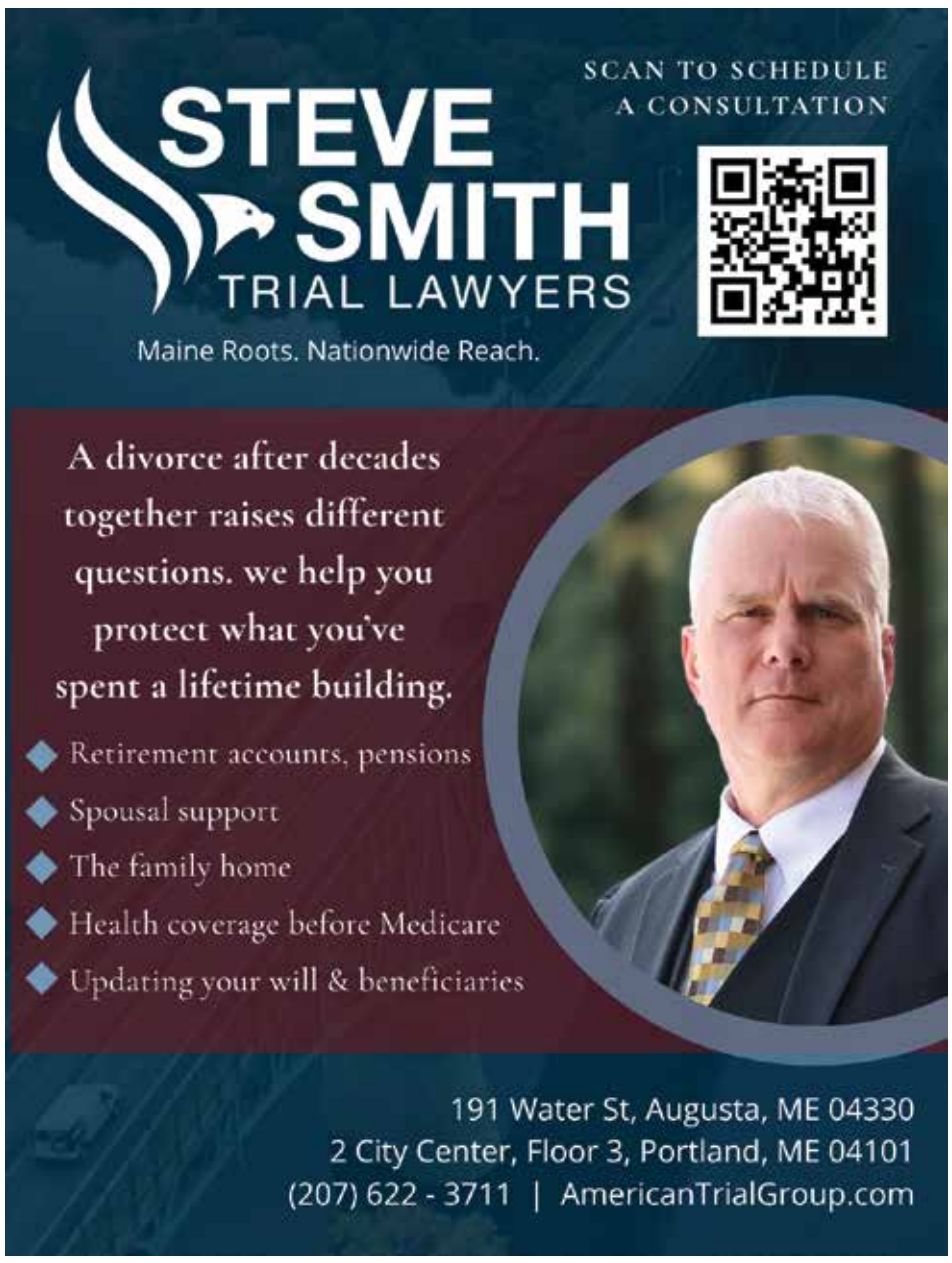
Keeping the house can feel like the safest choice, but it may leave you with a property that is expensive to maintain and little cash to live on.

• Your estate plan

As we discussed last issue, your will, powers of attorney and beneficiary designations should reflect your wishes. After a divorce, they almost always need updates.

No article can replace advice about your own situation. If you are facing a divorce later in life, the attorneys at Steve Smith Trial Lawyers can help you understand your options. Call (207) 622-3711 to schedule a consultation.









Dr. Peggy Cyr.

October is in the air and it's time to think about post-season baseball. What better time to watch a NETFLIX docuseries on one of the greatest rivalries in all sports? The Boston Red Sox vs. the New York Yankees. The series is called "THE COMEBACK: 2004 Boston Red Rox". The show comprises three episodes and is a must see for Red Sox fans, especially with the upcoming Wild Card three game series with the NY Yankees.

I've been a Red Sox fan as long as I can remember. My love for the team was instilled in me by my father who would take his family from Caribou, Maine to Fenway Park (about a 7-hour drive) for Red Sox games. See the photo of me holding a poster I created touting "Aroostook County loves the Red Sox as much as potatoes." When I was a child, the Red Sox greats were Carl Yastrzemski, Jim Rice and Luis Tiant.

The first episode reviews some baseball history of the Red Sox-New York Yankees rivalry with the "Curse of the Bambino" where in 1920 the Red Sox sold the legendary Babe Ruth to the New York Yankees and superstition prevailed, as this being the reason the Red Sox did not win a World Series Championship for 86 years.

You will be treated to real footage from games and interviews with managers, players, sports announcers, authors and fans. Being a lifelong fan, some of the footage will bring you right back to the place and time you watched the game, like Carlton Fisk's game winning home run in the 12th inning of Game 6 of the 1975 World Series. He jumped up and down along the first base line waving the ball to stay in fair territory, or sadly Billy Buckner's miss of a first base grounder in Game 6 of the 1986 World Series.

Some of my favorite engaging and energetic interviews are with players David Ortiz, Pedro Martinez, Kevin Millar and manager Terry Francona. A voice I will never forget is that of Joe Castiglione, who was the radio announcer for the Boston Red Sox for 42 years. My father would often turn down the TV volume and turn up the radio so we could hear a Pro-Boston voice.

The title "COMEBACK" originates from the 2004 American League Championship Series between Boston Red Sox and the New York Yankees. Down three games to zero, the Red Sox went on to win the series by winning four games in a row. This remains the only time in Major League Baseball history that a team has successfully overcome a 3–0 series deficit in the postseason.



Peggy and her Dad. Submitted photo

The Red Sox then went on to sweep the St. Louis Cardinals in the World Series to end the 86-year championship drought. So much drama with pitcher Curt Schilling's bloody sock, Johnny Damon's game 6 grand slam and Pedro Martinez, during a bench clearing brawl, when being rushed by 72-year-old NY bench coach Don Zimmerman who threw him to the ground.

My favorite part of this docuseries was general manager, Theo Epstein's description of the Boston Red Sox's Bus ride from Logan Airport to Fenway Park after winning the World Series. The streets were lined with people screaming, hugging each other and cheering and passing cemeteries where Red Sox hats and pennants were already draped over gravestones. I attended one of my doctor mentors' funerals once, and my eyes misted over as I saw 2 Red Sox tickets displayed in his suit jacket pocket. Red Sox fans are deeply passionate and intensely loyal.

My Dad never experienced a Red Sox World Series Championship but remained loyal to them for his entire life. I wish he could have experienced this win. I relish the memory of him, a balding man, doing "The Wave" at Fenway Park. Thanks for the memories, Dad.

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Supporting Maine's Unsung Heroes - Caregivers, AARP Maine is in Your Corner

Family caregivers are the backbone of Maine's long-term care system. Every day, they help aging parents, spouses, relatives, friends, and neighbors live safely and independently at home. They prepare meals, manage medications, provide transportation, coordinate medical appointments, and offer emotional support. Most do this without pay and often with little recognition.



In Maine, roughly 324,000 adults are family caregivers or have provided care within the past year. Many are balancing caregiving responsibilities with work and family obligations of their own. While caregiving can be rewarding, it can also create emotional, physical, and financial challenges.

That is why AARP Maine is committed to supporting family caregivers through advocacy, resources, and community partnerships.

One of the most significant recent victories for caregivers is Maine's Paid Family and Medical Leave (PFML) program. AARP Maine strongly advocated for this law because too many working caregivers were forced to choose between caring for a loved one and earning a paycheck. Beginning in 2026, eligible workers can access up to 12 weeks of paid, job-protected leave to care for a family member, address their own serious health condition, welcome a new child, or manage other qualifying family needs. PFML provides important peace of mind and financial security for Maine families.

AARP Maine also offers practical tools to help caregivers navigate the challenges of caregiving. The free Maine Family Caregiver Resource Guide connects caregivers with information on support services, transportation assistance, respite care, financial resources, legal help, and more. Whether someone is just beginning their caregiving journey or has been providing care for years, the guide serves as a valuable resource for finding help and support.

In addition, AARP Maine's collaboration with 2-1-1 Maine helps connect caregivers to local services and trusted information. Through this partnership, caregivers can reach trained specialists who can help identify resources tailored to their needs, including transportation, food delivery, respite care, veterans' benefits, and other community support.

Caregiving touches nearly every family at some point. That is why AARP Maine remains committed to standing with caregivers, fighting for policies that help them, and providing resources that make caring for a loved one a little easier.

November is Maine Family Caregivers Month, and we encourage you to learn more about Paid Family and Medical Leave, download the Maine Family Caregiver Resource Guide, and explore additional caregiving resources, visit AARP Maine Caregiving Resources.

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Promising advancements in Alzheimer's disease management

Metro

Alzheimer's disease has touched the lives of millions. Tens of millions of people have Alzheimer's disease worldwide, accounting for 60 percent to 70 percent of the total number of people living with dementia globally, according to the World Health Organization. However, when including early, presymptomatic stages like prodromal and preclinical phases, estimates indicate 400 million people across the globe are affected by brain changes linked to Alzheimer's, says the National Institutes of Health.



Metro photo

Expanding medications and clinical trials

For decades, medical interventions for Alzheimer's were limited to managing symptoms. Today, the treatment landscape is undergoing a profound transformation. Therapeutic strategies now directly target the biological drivers of the disease, supported by expanded drug offerings, advises Alzheimer's Research UK.

The Alzheimer's Association says that analysis of global clinical trials points to positive results of a growing body of medications. There are now 158 novel agents currently being evaluated across 192 clinical trials. While amyloid-targeting drugs once comprised 33 percent of the clinical studies, that share has dropped to 20 percent, as therapies targeting neuroinflammation and tau protein tangles have increased.

The Alzheimer's Association also says approximately 35 percent of drugs currently in development are repurposed therapies previously approved for other conditions. This helps speed up the pathway of important medications for clinical availability.

Earlier diagnoses

Disease-modifying medications show the highest efficacy when administered during early stages. That means that early detection of Alzheimer's disease is critical. The Alzheimer's Impact Movement says high-accuracy blood tests prescribed in primary care settings can enable clinicians to screen for amyloid pathology using a simple blood draw.

Targeting genes

Researchers supported by the NIH are exploring gene therapy approaches to reduce amyloid accumulation early on and quiet brain inflammation. These include delivering protective APOE-e2 gene variants.

GLP-1s, shingles vaccines and promising findings

Observational and real-world studies show that taking GLP-1 medications for type 2 diabetes or obesity is associated with a lower risk of developing Alzheimer's and cognitive decline, according to the Cleveland Clinic. Similarly, major published studies show that adults over age 65 who receive the two-dose shingles vaccine have significantly reduced risk of Alzheimer's and vascular dementia compared to unvaccinated individuals. Both of these treatments can reduce brain inflammation associated with dementia development.

Lifestyle changes

Medications and other therapies are just the tip of the iceberg. Non-pharmacological interventions also are successful at reducing Alzheimer's disease prevalence. Findings published in the Journal of the American Medical Association demonstrate that targeted exercise, dietary changes and cognitive training significantly preserves brain function. This can yield memory performance equivalent to being one or two years younger.

Alzheimer's disease research continues, and various developments in prevention and treatment are going beyond symptom management.





SELF-HELP TIPS *by Dr. Anna Staehli Wiser*



Anna Staehli Wiser
DPT, FAAOMPT,
Dip. Osteopractic,
Cert. SMT, Cert. DN

Healthy veins, healthy legs:
Why movement and compression matter

By: Anna Staehli Wiser, DPT, FAAOMPT

Many people think swollen legs are simply an inconvenience. Others assume aching feet, stiff ankles, or sore knees must be caused by arthritis or a muscle injury. While musculoskeletal problems are certainly common, the vascular system is often an overlooked contributor to lower extremity pain.

Our veins are responsible for returning blood from the legs back to the heart. Unlike arteries, veins must work against gravity. They rely heavily on two important mechanisms: one-way valves inside the veins and the "muscle pump" created by contracting leg muscles during movement.[1] When either of these systems becomes less effective, blood and fluid can begin to pool in the lower legs.

Why Fluid Builds Up

Gravity constantly pulls fluid toward the feet. Walking, climbing stairs, and even simple ankle movements activate the calf muscles, which squeeze the deep veins and propel blood upward toward the heart. This process is often referred to as the calf muscle pump and is sometimes called the body's "second heart."[1]

When we spend prolonged periods sitting or standing still, this pump becomes less active. Blood flow slows, venous pressure rises, and fluid can leak from the blood vessels into the surrounding tissues. Over time, this can lead to swelling, heaviness, fatigue, and discomfort in the legs.[2]

When Swelling Looks Like a Joint Problem

Excess fluid doesn't simply make the legs look swollen—it also changes how the tissues function.



Fluid accumulation increases pressure within the soft tissues surrounding joints and tendons. This increased tissue pressure can contribute to:

- Aching feet
- Stiff ankles
- Generalized knee discomfort
- A feeling of heaviness in the legs
- Reduced mobility and endurance

Patients sometimes assume these symptoms are caused entirely by arthritis, tendonitis, or "getting older." In reality, venous congestion may contribute significantly to their discomfort. Improving circulation often reduces pain while also improving mobility.

Movement Is Medicine for Your Veins

One of the most effective treatments for mild venous insufficiency is also one of the simplest: regular movement.

Frequent muscle contractions help empty the veins before blood has an opportunity to pool. Walking is particularly effective because each step activates the calf muscle pump.[3]

Helpful habits include:

- Walking several times throughout the day
- Taking movement breaks every 30–60 minutes when sitting
- Performing ankle pumps while traveling
- Heel raises during prolonged standing
- Regular aerobic exercise

These simple strategies help reduce venous pressure while improving circulation throughout the lower extremities.

Compression Isn't Just for Older Adults

Compression stockings are commonly associated with older adults or individuals who spend long hours standing at work. However, compression garments are increasingly used by athletes as well.

Graduated compression garments apply the greatest pressure around the ankle, with gradually decreasing pressure higher on the leg. This external support gently narrows the veins, helping the one-way valves close more effectively and improving the return of blood toward the heart.[2]

Why Athletes Benefit

During vigorous exercise, working muscles require increased blood flow. As exercise intensity increases, muscles temporarily swell due to increased blood volume and fluid shifts into the surrounding tissues.

Although this "muscle pump" greatly improves venous return during activity, the enlarged muscles also create greater pressure

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within the compartments of the lower leg. In some individuals—particularly those who perform frequent high-impact training, heavy resistance exercise, or endurance sports—this repeated increase in tissue pressure may contribute to venous wall stress and progressive vein dilation over time, especially in people who are genetically predisposed to varicose veins.[4]

Graduated compression garments help by:

- Supporting the superficial veins
- Limiting excessive fluid accumulation within the tissues
- Reducing venous pooling after exercise
- Potentially decreasing post-exercise soreness and feelings of leg fatigue[5]

Research suggests compression garments have only modest effects on athletic performance itself, but they appear to provide greater benefits for recovery, comfort, and management of exercise-induced swelling.[5]

Who May Benefit from Compression?

Compression garments may be appropriate for:

- Individuals with chronic leg swelling
- People with varicose veins
- Occupations requiring prolonged standing
- Frequent travelers
- Endurance athletes
- Individuals recovering after prolonged inactivity

Because compression garments are available in different pressure levels, anyone with significant vascular disease, diabetes, peripheral arterial disease, or unexplained leg swelling should first consult their healthcare provider before beginning compression therapy.

The Bottom Line

Healthy movement keeps your veins healthy.

Whether you're sitting at a desk, standing all day, or training for your next race, your veins depend on regular muscle activity to keep blood moving efficiently. Walking, calf strengthening, and periodic movement throughout the day are some of the most effective—and least expensive—ways to support vascular health.

Compression garments can provide an additional layer of support for many individuals by improving venous return, reducing swelling, and decreasing feelings of leg fatigue. While they are not a cure for venous disease, they are a valuable tool when combined with regular exercise and healthy movement habits.

Sometimes healthier legs begin not with treating the joints—but by improving the circulation that supports them.

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"Maine's funniest Woman" Susan Poulin, returns to The Public Theatre as Ida LeClair, in her hilarious new show A Wicked Good Time (Nov 13, 14, 15), a hilarious celebration of friendship and adventures with her Maine Gal-Pals – "The Women Who Run with the Moose" - and the MAN-iacs who love them. Laughter burns calories, so come and indulge! PS: This show will be fun for the guys too, as they relate to Ida's husband Charlie, and the joys of being married to a feisty Maine woman. Enjoy a pre-show wine sampling Fri, Nov 13, included with your ticket. Come early and Wine with the Moose before the show. Special Ticket Price: $35. Group rate is $30/each for 10 or more tickets.

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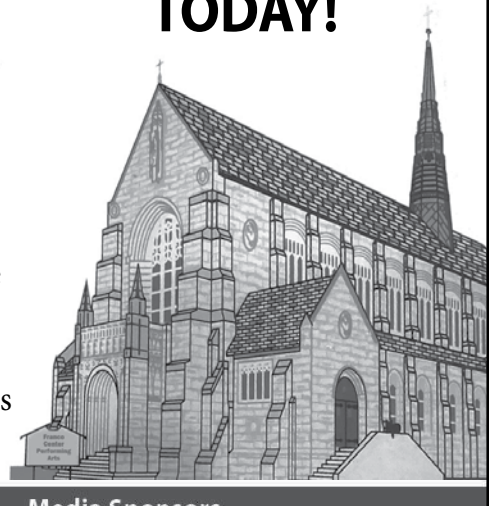
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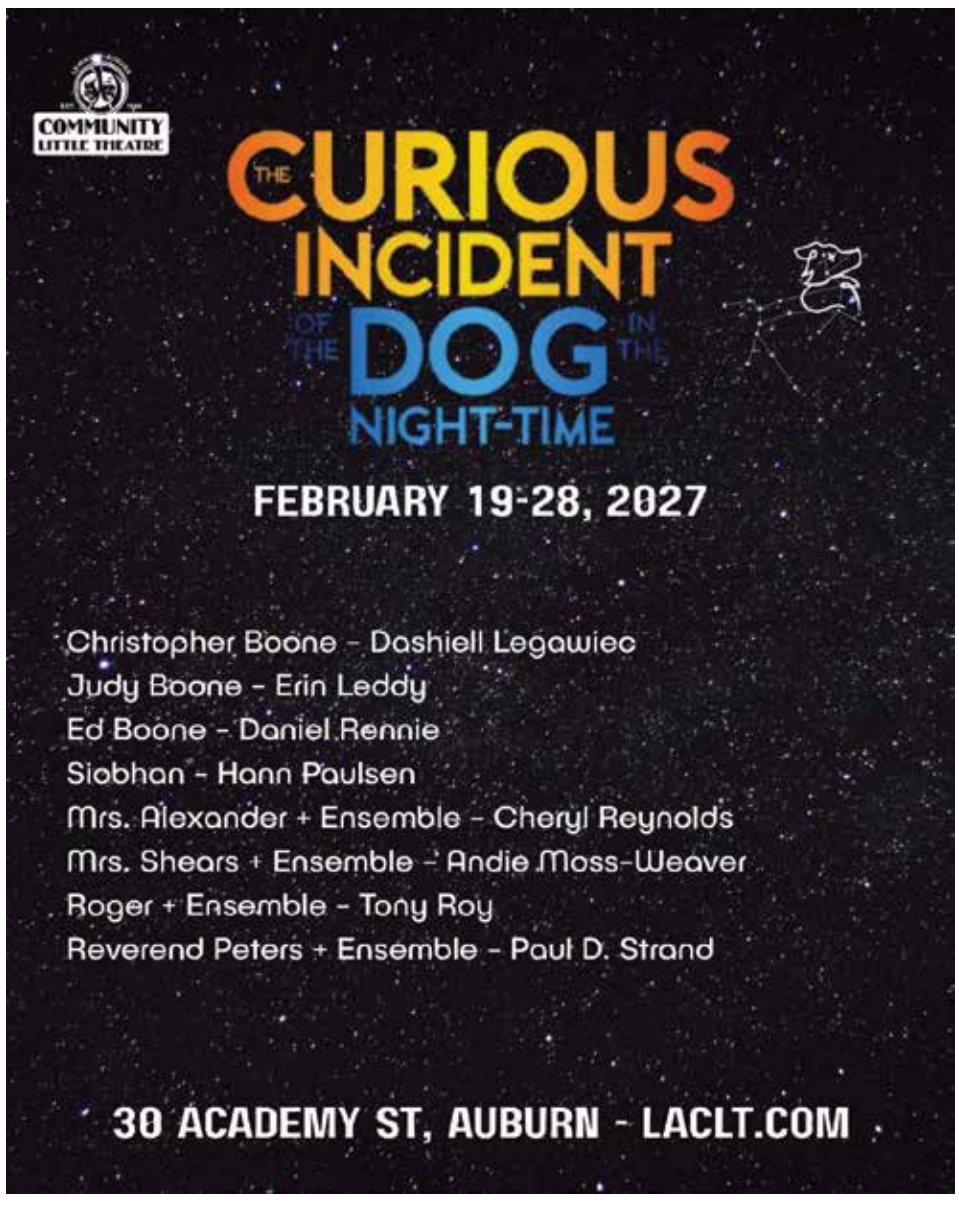
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Strengthening Maine Families, Communities, and Our Future

By U.S. Senator Susan Collins

Mainers work hard, and every dollar matters to seniors on limited incomes, parents trying to afford childcare, and young people wondering whether they can buy a home in the town where they grew up.

Making Maine more affordable guides my work in Washington. Since Congress restored community project funding five years ago, I have secured nearly $1.5 billion for 672 projects in communities in every county, As Chair of the Senate Appropriations Committee, my seniority allows me to keep delivering for Maine.

Strengthening families starts with affordability and quality health care close to home. I continue to champion the Low-Income Home Energy Assistance Program, so that no low-income senior or family has to choose between heat and groceries. I secured the $50 billion Rural Health Transformation Program, which has already delivered $190 million to Maine. Separately, I secured funding to modernize Stephens Memorial Hospital in Norway and to renovate emergency departments in Rumford and Bridgton. A mobile mammography van that I helped to fund has already screened 1,400 women.

Strengthening communities means taking care of our infrastructure. I secured funding to rehabilitate Route 4 between Madrid and Rangeley and to improve its safety from Auburn to Livermore, along with investments in emergency services and drinking water systems.

Strengthening our future means giving the next generation a reason to stay. Funding I obtained for healthcare training at the University of Maine at Farmington and nursing education at Central Maine Community College, along with expanded broadband, is helping young Mainers find good jobs and build lives here.

My time in the Senate has taught me that lasting results require trust. I work with Republicans and Democrats, listen to people with different views, and look for common ground. We do not have to agree on everything to get important work done.

There is a difference between fighting for people and simply fighting with people.

Partisan political groups may disagree with my record, but Mainers deserve facts, not false and misleading attacks. Visit www.CheckTheTruth.com and examine the record and judge the facts yourself.

Mainers know our communities, our challenges, and what matters most to our neighbors. And they know me. I will keep listening to you and working on what makes a difference in your lives: stronger families, stronger communities, and a future where more Mainers can afford to stay and thrive. I ask for your vote on November 3rd so that I can continue my work for you.

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- **Social Security Fairness Act.** Susan authored the law that provides full Social Security benefits to more than 25,000 retired Maine teachers, law enforcement, and firefighters.
- **Protecting Medicaid and Investing in Rural Health Care.** Susan secured more than $190 million this year alone to maintain & improve access to quality healthcare and she was named a “Medicaid Champion."
- **Paycheck Protection Program.** During the pandemic, Susan wrote the law that saved more than 250,000 Maine jobs and small businesses.

Susan Collins’ experience and leadership are making a difference for Maine.



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Our veterans served for us - now it's our turn to show up for them



Maine is home to thousands of veterans who answered the call to serve our country. Their service and sacrifice helped protect the freedoms we enjoy every day. Yet for many veterans, the challenges do not end when their military service concludes.

A recent AARP study found that 38% of veterans aged 45 and older reported loneliness. That represents millions of veterans nationwide. Even more concerning, many of those veterans say they wish they were more socially connected. Loneliness and isolation can affect physical health, emotional well-being, and overall quality of life, making it more important than ever to ensure veterans know where to turn for support.

At AARP Maine, we are committed to being in veterans' corner. We believe those who served our nation deserve access to quality health care, meaningful connections, and trusted information that can help them and their families thrive.

One way we are supporting veterans is through new tools designed to make everyday life a little easier. AARP's Veterans and Military Families initiative recently launched Health.Vet, a free online search tool that helps veterans identify nearby eligible VA community care providers. For veterans living in rural communities or those who face long drives to reach a VA facility, having access to local health care options can make a meaningful difference. By entering a ZIP code, veterans can receive information about potential care providers closer to home.

We also know that companionship plays an important role in well-being. That is why AARP partnered with Dogs Inc. to create a free dog training video series for veterans, military families, caregivers, and other dog owners. The series provides practical training tips while helping participants strengthen their bonds with their pets. For many veterans, animals provide comfort, routine, purpose, and companionship. In addition, AARP Maine offers a free Online Veterans Resource Guide at AARP Maine Veterans Resource Guide. This one-stop resource connects veterans and their families with information on benefits, caregiving, health, financial security, fraud prevention, and other important services. Our goal is to make it easier for veterans and their loved ones to find the support they need.

The importance of connection cannot be overstated. In honor of America's 250th birthday, AARP Maine volunteers and friends recently wrote 250 letters to veterans traveling with Honor Flight Maine. The letters were a simple but powerful reminder that Mainers appreciate the sacrifices veterans have made on behalf of our nation.

Veterans spent their lives serving others. They should never feel alone.

Whether through health care resources, community connections, educational programs, or simple gestures of gratitude, we can all play a role in supporting the veterans who have given so much. AARP Maine encourages veterans, military families, and caregivers to explore the free resources available and stay connected to the support that exists throughout our state. Please visit *aarp.org/veteransme* to learn more.

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MAINE VETERANS MAGAZINE

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This November, Turner Publishing is proud to announce our new publication, Maine Veterans Magazine. This publication is the passion project of our new veteran leadership, with the goal of connecting our Maine veteran communities to resources, good news stories and local veteran-owned businesses.

For the first edition this November, we would like to ask our readers to submit a response (250 words or less) to the prompt, "What does Veterans Day mean to you?" If you are a veteran, "What does Veterans Day mean to you? Why did you serve and what do you miss?" Please submit your response to *submissions@turnerpublishing.net*.

If you are a veteran business and would like to get involved or learn more about our mission, please reach out to *advertising@turnerpublishing.net*.



Scam Alert Bulletin Board

AARP Fraud Watch Network

Lock Down Your Data: Cybersecurity Awareness Month

October is Cybersecurity Awareness Month, a good reminder that we can make it harder for criminals to steal our personal information or take over our accounts.

Scam messages often include a link or an attachment that perpetrators use to introduce malware onto your device or send you to a site that will seek to collect login or payment information.

Protect all online accounts with strong, unique passwords (strongly consider using a password manager) and turn on multifactor authentication when available. Also, keep your device software updated – the updates often include important security fixes.

Learn how to spot and avoid scams with AARP Fraud Watch Network™. Suspect a scam? Call our free helpline at 877-908-3360 and talk to one of our fraud specialists about what to do next.

Need a scam prevention speaker for your group? Click the link to fill out our online form or send an email to *me@aarp.org.*

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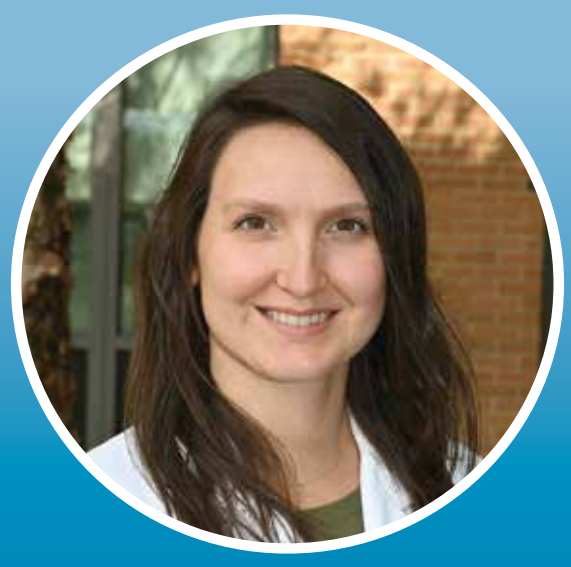
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