



Protect Your Liver: Understanding MASLD

By Alicia Armstrong RDN, LD, CDCES

Everything you eat, drink, and breathe is filtered through your liver. What you put on your plate plays a big role in keeping this vital organ healthy.

Doctors now use the term MASLD (Metabolic Dysfunction Associated Steatotic Liver Disease) instead of “fatty liver disease.” A more serious form, MASH, includes inflammation and can lead to cirrhosis, liver cancer, and heart problems. People with Type 2 Diabetes are especially at risk—about 70–80% develop MASLD.

The good news: early intervention can prevent or even reverse disease progression. Lifestyle changes are the cornerstone of care.

Risk Factors

- Overweight (BMI over 25)
- High blood sugar or diabetes
- High blood pressure or cholesterol
- Metabolic syndrome or insulin resistance



Protect Your Liver

- Eat smarter: Follow a Mediterranean-style diet rich in fruits, vegetables, beans, whole grains, and healthy fats. Limit processed foods, sugary drinks, deli meats, and alcohol.
- Move more: Even a few minutes at a time helps. Aim for 150 minutes of moderate activity per week or try one of NEKCOA's free exercise classes.
- Maintain weight: A modest loss of 3–10% can improve liver health.
- Manage conditions: Work with your doctor on blood sugar, blood pressure, and cholesterol. Ask about screenings for liver health and whether a referral to a Registered Dietitian or Certified Diabetes Care and Education Specialist could help.

The same steps that protect your liver also protect your heart—making these small changes pay off in many ways.

For more support, call NEKCOA's Helpline at 800-642-5119 or email info@nekouncil.org to connect with free nutrition counseling, blood pressure workshops, and safe, fun exercise programs in your community.



Medicare Open Enrollment

October 15 – December 7

It's time to review your Medicare coverage. Between October 15 and December 7, you can:

- Switch between Original Medicare and Medicare Advantage
- Change or update a Part D prescription drug plan

Plans and costs change every year—making sure your doctors, prescriptions, and pharmacy are covered can save you money and stress.

NEKCOA offers free, unbiased help. Bring your Medicare card, any insurance cards you may already have, and a list of your medications to one of our fall clinics or to schedule an appointment at one of our offices, call (802) 748-5182 or email info@nekouncil.org

Did You Know?!

- Medicare was signed into law in 1965 by President Lyndon B. Johnson.
- Former President Harry S. Truman and his wife Bess received the very first Medicare cards.
- When Medicare began, a hospital stay cost \$40 a day—today it's closer to \$2,000.
- In Vermont, about 1 in 4 residents is enrolled in Medicare.
- Medicare covers people 65 and older, and also younger adults with certain disabilities or serious health conditions.



3Squares VT: Putting Healthy Food on Your Table!



An easy way to reduce your food budget
and put food on your table. Call us to
obtain help with applying.

1-800-642-5119



Medicare Open Enrollment



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Enrollment
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Doctor
Pharmacy
Prescriptions
Advantage
Coverage
Premium
Deductible
Formulary
Appointment
Clinic
Savings
NEKCOA
Vermont
SHIP

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E G H D W Z G C C V Q O P D K X F G P L
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Turkey & Black Bean Pumpkin Chili

Liver- and heart-friendly, full of fall flavor

Ingredients

- 1 lb lean ground turkey
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (15 oz) pumpkin purée (not pie filling)
- 1 can (14.5 oz) diced tomatoes
- 2 cups low-sodium chicken broth
- 1 Tbsp olive oil
- 2 tsp chili powder
- 1 tsp cumin
- ½ tsp smoked paprika (optional)
- Salt and pepper to taste



Directions

1. Heat olive oil in a large pot. Add onion and garlic, cook until softened.
2. Stir in ground turkey and cook until browned.
3. Add beans, pumpkin, tomatoes, broth, and seasonings.
4. Bring to a simmer, then reduce heat and cook 20–25 minutes, stirring occasionally.
5. Taste and adjust seasoning.

Serving Tip: Garnish with chopped cilantro or a spoonful of plain Greek yogurt.

Storage & Freezing:

Store in the refrigerator in a covered container for up to 4 days. Freeze in airtight containers or freezer bags for up to 3 months. Thaw overnight in the refrigerator and reheat gently on the stove or in the microwave.



NEK Ghostly Legend

Lyndon's Cahoon Farm (also called the Hoffman House) is said to be haunted by the spirit of Daniel Cahoon, who died in 1811 after being charged by a bull. Residents report footsteps on the stairs at night, glasses tinkling downstairs, and music playing out of nowhere — even long after the household quiets.