



NAD Newsletter

VOLUME 39 NO. 01 JANUARY 2021

What causes diabetes? Find out and take control

All you have to do is decide. Decide to stay at a healthy weight. Decide to eat well. Decide to be active. If you're at-risk, paying attention to living a healthy lifestyle or getting early treatment can, for some, actually return blood sugar levels to a normal range. So, take a breath—and then take action.

But no matter what you do, do something, because the power to live the life you want to is entirely in your hands.

Even if you have prediabetes ...

There are many factors you can control. Prediabetes is a condition that can lead to type 2 diabetes and even heart disease. Your chances of having prediabetes go up if you:

- Are 45 or older
 - Are Black, Hispanic/Latino, American Indian, Asian American, or Pacific Islander
 - Have a parent, brother or sister with diabetes
 - Are overweight
 - Are physically inactive
 - Have high blood pressure or take medicine for high blood pressure
 - Have low HDL cholesterol and/or high triglycerides
 - Had diabetes during pregnancy
- Have been diagnosed with Polycystic Ovary Syndrome

Can you get diabetes from eating too much sugar?

Excess **sugar** intake and **diabetes**. ... Both type 1 and type 2 **diabetes** affect the body's ability to regulate blood glucose levels. **Sugar** consumption **will** not directly cause either type. However, **eating too much can** cause weight gain

What is the #1 cause of diabetes?

The exact **cause** of type 1 **diabetes** is unknown. Usually, the body's own immune system — which normally fights harmful bacteria and viruses — mistakenly destroys the insulin-producing (islet, or islets of Langerhans) cells in the pancreas. Other possible **causes** include: ... Exposure to viruses and other environmental factors.

What causes type 1 diabetes?

Type 1 diabetes occurs when your immune system, the body's system for fighting infection, attacks and destroys the insulin-producing beta cells of the pancreas. Scientists think **type 1 diabetes** is caused by genes and environmental factors, such as viruses, that might trigger the **disease**.

What are the main causes of Type 2 diabetes?

Type 2 diabetes develops when the body becomes resistant to insulin or when the pancreas is unable to produce enough insulin. Exactly why this happens is unknown, although genetics and environmental factors, such as being overweight and inactive, seem to be contributing factors

Classic Beef Stew



INGREDIENTS

- 2 tablespoons all-purpose flour or whole-wheat pastry flour
- 1 tablespoon Italian seasoning
- 3 tablespoons olive oil
- 2 pounds top round, cut into 3/4-inch cubes
- 1 1/2 pounds cremini mushrooms, cleaned, stemmed, and quartered
- 4 cups reduced-sodium, low-fat chicken broth, divided use
- 1 large onion, coarsely chopped
- 3 garlic cloves, minced
- 2 large russet potatoes
- 3 medium carrots, peeled
- 1 cup frozen peas
- 1 tablespoon fresh minced thyme
- 1 tablespoon red wine vinegar

DIRECTIONS

1. Combine the all-purpose flour with the Italian seasoning. Heat the olive oil in a large Dutch oven over medium heat. Dredge the beef cubes lightly in the flour mixture and add the beef, in batches to keep the beef in one layer, until well browned on each side.
2. Remove the beef from the pan and deglaze the pan with 1/4 cup chicken broth. Add in the mushrooms and sauté for about 4 minutes until well browned. Remove the mushrooms from the pan and deglaze with another 1/4 cup of the broth. Add the onions and garlic and sauté for 4 minutes. Return the beef to the pot, add the remaining chicken broth, and bring to a boil. Partially cover, lower the heat to simmer, and cook for 45 minutes, stirring occasionally.
3. Peel and cut the potatoes into 3/4-inch pieces. Cut the carrots into 1/2-inch pieces. Add the potatoes and carrots to the stew and continue to cook for another 45 minutes or until vegetables are tender. Add in the reserved mushrooms, peas, and thyme. Season with red wine vinegar and black pepper.

Nutrition Facts:

Serving Size: 1 cup

- Calories 250
- Carbohydrate 24 g
- Protein 25 g
- Fat 7 g
- Saturated Fat 1.5 g
- Sugars 5 g
- Dietary Fiber 3 g
- Cholesterol 45 mg
- Sodium 290 mg
- Potassium 980 mg

https://www.diabetesfoodhub.org/recipes/balsamic-chicken-with-mushrooms.html?home-category_id=20

IMPORTANT REMINDER

NAP would like to remind all the NAP clients to renew as early as the first week of each month to avoid delay of benefit. If the NAP ID expires the end of the month, that means your renewal should be done on the same month except on the first week. Application package can be picked up at the Certification Unit area.

SAIPAN Benefit Issuance Schedule (8AM-3PM)

NAP coupons will be issued at the JTV Building in As Lito from 8 a.m. to 3:00 p.m. daily except on Holidays, and Weekends
Subject to change in case of Emergency

JANUARY 2021

JAN 04, 2021	MON	Case Record ID ending with '1 & 2'
JAN 05, 2021	TUE	Case Record ID ending with '3 & 4'
JAN 06, 2021	WED	Case Record ID ending with '5 & 6'
JAN 07, 2021	THU	Case Record ID ending with '7 & 8'
JAN 08, 2021	FRI	Case Record ID ending with '9 & 0'

FEBRUARY 2021

FEB 01, 2021	MON	Case Record ID ending with '1 & 2'
FEB 02, 2021	TUE	Case Record ID ending with '3 & 4'
FEB 03, 2021	WED	Case Record ID ending with '5 & 6'
FEB 04, 2021	THU	Case Record ID ending with '7 & 8'
FEB 05, 2021	FRI	Case Record ID ending with '9 & 0'

ORIENTATION ANNOUNCEMENT

Due to Corona-Covid 19 Virus which requires social distances, NAP Office does not require an applicant to attend the Mass Orientation; instead, NAP has an Orientation in a paper version, where you can obtain a copy from the NAP Office or in the NAP Website:

<http://www.dcca.gov.mp/nap>

Make sure you read all the contents and acknowledge the last page to ensure you understood the Orientation Paper.

ROTA Benefit Issuance Schedule

FEBRUARY 01, 2021, MON	A-Z Plus OPEN DAY

TINIAN Benefit Issuance Schedule

JAN 04, MON	Manamko, Special Clients, Pregnant
JAN 05, TUE	A-L
JAN 06, WED	M-Z
FEB. 01, MON	Manamko, Special Clients, Pregnant
FEB 02 TUE	A-L
FEB. 03 WED	M-Z

You can purchase Fruits and Veggies with your NAP coupons at the following Authorized Retailers

1. SAN JOSE DOWNTOWN MARKET
2. NEW KAGMAN MARKET
3. JJ MARKET
4. J & J MART TINIAN
5. ANNIE'S CONVENIENT STORE ROTA

OTHER VITAL INFORMATIONS

Maximum Income Guidelines and Benefit Level

Household Size	Income Limit (Eff. 10/01/20)	Maximum Benefit Level		
		Saipan	Tinian	Rota & N.I.
1	\$781	\$212	\$224	\$258
2	\$1,058	\$389	\$410	\$472
3	\$1,334	\$557	\$587	\$676
4	\$1,610	\$708	\$749	\$863
5	\$1,886	\$841	\$885	\$1,020
6	\$2,162	\$1,009	\$1,063	\$1,158
7	\$2,438	\$1,115	\$1,177	\$1,356
8	\$2,715	\$1,274	\$1,339	\$1,543
9	\$2,992	\$1,433	\$1,509	\$1,739
10	\$3,269	\$1,592	\$1,678	\$1,934



NAP CONTACT NOS.

Administration FAX	237-2842 237-2843 664-2850
Accounting	237-2851-3
Benefit Issuance & Claims Account- ability Unit	237-2812-15 237-2860-64
Retail & Redemption Unit	237-2821-3
Certification Unit FAX	237-2801-6 237-2870-4 664-2851
Management Evaluation Unit	237-2831-7 483-2021 483-2020
Tinian Office	433-9330
Rota Office	532-9354

Additional Contact No. for the Caseworkers:

<u>Moises Muna</u>	<u>284-5300</u>
<u>Swingly Ringlen</u>	<u>284-5304</u>
<u>Melvin Sablan</u>	<u>284-5306</u>
<u>Feofaaki (Fave) McMahon</u>	<u>284-5308</u>
<u>Maria C. Lizama</u>	<u>284-5309</u>
<u>George Lisua</u>	<u>284-5307</u>
<u>Raymond Cruz</u>	<u>284-5305</u>
<u>Jennifer Iginioef-Ruben</u>	<u>284-5303</u>
<u>Vanessa Andres</u>	<u>284-5301</u>
<u>Frances Castro</u>	<u>284-5302</u>