



NAD Newsletter

VOLUME 40 NO.01 JANUARY 2022

Prevention on Diabetes

Small changes lead to big results.

If you've been diagnosed with prediabetes, know that small changes to your lifestyle will lower your risk. Your doctor will help you create a plan and set goals that work for you. They may also refer you to a Centers for Disease Control and Prevention (CDC) recognized, evidence-based lifestyle change program. Don't hesitate to ask for help along your journey.

Here are just a few ways small changes can make your life better:

- You will feel healthier and have a better quality of life
- You will learn how to deal with stress
- You will be able to stay independent, healthy and active as you age

If you have children or grandchildren, you will be able to keep up with them

Overweight? Know the impact.

If you're overweight, it impacts more than your risk of developing type 2 diabetes. It leads to unhealthy cholesterol, high blood pressure, heart disease, high blood sugar and even stroke. The good news? Losing just 10-15 pounds can make a big difference.

Here's what has worked for some people who have lost weight and kept it off*:

- Cutting back on calories and fat.
- Staying physically active most days of the week.
- Eating breakfast every day.
- Weighing themselves at least once per week.

Watching less than 10 hours of TV per week

Need reasons to quit?

Smoking reduces the amount of oxygen that reaches your organs and can cause high blood pressure, unhealthy cholesterol, heart attacks and strokes.

1. Realize the benefits of quitting

Quitting helps your heart and lungs—and it lowers the risk of hurting your blood vessels, eyes, nerves and other organs. And quitting smoking can leave you with fewer wrinkles on your face; better-smelling hair, breath, and clothes; and less exposure for your family to secondhand smoke.

2. Prepare to quit

Quitting is hard work, so approach it like any major project. Before you quit:

- Set a quit date, and tell your friends and family. Make this a time when your life is fairly calm and stress levels are low.
- Think of your reasons for quitting, and write them down. Put the list where you'll see it every day.
- Throw away your cigarettes, matches, lighters and ashtrays.

Ask others for their help and understanding. Ask a friend who smokes to consider quitting with you.

3. Choose a quitting strategy

- Go cold turkey. Quitting all at once works for some people.
- Taper off. Quit smoking gradually by cutting back over several weeks.
- Use a nicotine patch, gum, inhaler or spray. Or ask your doctor for a prescription medicine.
- Ask your doctor about counseling, acupuncture or hypnosis.

You can use one of these steps or a combination of them. When you do, you'll feel healthier right away, and you'll be healthier for the rest of your life.

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Slow-Cooker Beef Stew



INGREDIENTS

- Flour 3 tbsp
- lean beef stew meat 1 lbs
- olive oil 1 tbsp
- low sodium beef broth 3 cup
- Water 1 cup
- large carrots(chopped) 6
- mushrooms(chopped) 8 oz
- large sweet potato(peeled and cubed) 1
- onion(diced) 1
- dried thyme 1/2 tsp
- black pepper 1/2 tsp

DIRECTIONS

1. Place the flour in a large resealable plastic bag. Add beef and toss to coat.
2. Add oil to a pan over high heat. Add beef and sauté for 6-8 minutes, turning frequently until evenly browned.
3. Transfer beef and all remaining ingredients to a large slow cooker
4. Cover and cook in slow cooker on low for 8 hours.



NUTRITION FACTS

5 Servings

Serving Size 1 Cup

Calories 260

Total Fat 7g

- Saturated Fat 2g
- Trans Fat 0g
- **Cholesterol** 50mg
- **Sodium** 220mg
- **Total Carbohydrate** 27g
- Dietary Fiber 5g
- Total Sugars 9g
- Added Sugars 0g
- **Protein** 22g
- **Potassium** 930mg

ROTA Benefit Issuance Schedule

SAIPAN Benefit Issuance Schedule (8AM-3PM)

Rota Distribution Time is from 8AM to 3PM. Closed on Weekends and Holidays

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

JAN. 03, 2022 MON	M-Z
JAN. 04, 2022 TUE	Elderly./Special Needs Clients/ A-L
JAN. 05 2022 WED	OPEN DAY
FEB . 01 2022 TUE	Elderly./Special Needs Clients/ A-L
FEB. 02, 2022 WED	M-Z
FEB. 03, 2022 THUR	OPEN DAY

<i>JANUARY 2022</i>		
JAN. 03, 2022	MON	Case Record ID ending with '1 & 2'
JAN. 04, 2022	TUE	Case Record ID ending with '3 & 4'
JAN. 05, 2022	WED	Case Record ID ending with '5 & 6'
JAN. 06, 2022	THU	Case Record ID ending with '7 & 8'
JAN. 07, 2022	FRI	Case Record ID ending with '9 & 0'

<i>TINIAN Benefit Issuance Schedule</i>	
Tinian Distribution Time is from 8AM to 3PM. Closed on Weekends and Holidays	
JAN. 03, 2022 MON	Elderly, Special Needs Clients
JAN. 04, 2022 TUE	A-L
JAN. 05, 2025 WED	M-Z
FEB. 01, 2022 TUE	Elderly, Special Needs Clients
FEB. 02, 2022 WED	A-L
FEB. 03, 2022 THU	M-Z

<i>FEBRUARY 2022</i>		
FEB. 01, 2022	TUE	Case Record ID ending with '1 & 2'
FEB. 02, 2022	WED	Case Record ID ending with '3 & 4'
FEB. 03, 2022	THU	Case Record ID ending with '5 & 6'
FEB. 04, 2022	FRI	Case Record ID ending with '7 & 8'
FEB. 07, 2022	MON	Case Record ID ending with '9 & 0'

ORIENTATION ANNOUNCEMENT

Due to Corona-Covid 19 Virus which requires social distancing, 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.cnminap.gov.mp>
 Make sure you read all the contents and acknowledge the last page to ensure you understood the Orientation Paper.

IMPORTANT REMINDER

NAP would like to remind all NAP clients to renew as early as the first week of each month to avoid delays of issuance of benefit for the following month. 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 or downloaded online at www.cnminap.gov.mp

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

1. JOETEN SUPERSTORE
2. SAN ROQUE MARKET
3. 999 MARKET
4. NEW GRAND MARKET
5. SUNSHINE MARKET



NAP CONTACT NOS.

Certification Unit	237-2801-6 237-2870-4
FAX	664-2851
Administration	237-2842
FAX	237-2843
Website:	664-2850
www.cnminap.gov.mp	
Email:	
support@cnminap.gov.mp	
Accounting	237-2851-3
Benefit Issuance & Claims Account-ability Unit	237-2812-15 237-2860-64
Retail & Redemption Unit	237-2821-3
Management Evaluation Unit	237-2831-7 483-2021 483-2020
Tinian Office	433-9330
Rota Office	532-4627

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High blood pressure risks

If you have high blood pressure, you're not alone; it affects nearly one in three American adults. You may need medication to get it under control.

1. What is blood pressure?

Blood pressure is the force of blood flow inside your blood vessels. Your doctor records your blood pressure as two numbers, such as 120/80, which you may hear them say as "120 over 80." Both numbers are important.

The first number is the pressure as your heart beats and pushes blood through the blood vessels. Healthcare providers call this the "systolic" pressure. The second number is the pressure when the vessels relax between heartbeats. It's called the "diastolic" pressure.

The lower your blood pressure, the better your chances of delaying or preventing a heart attack or a stroke.

When your blood moves through your vessels with too much force, you have high blood pressure or hypertension.

When your heart has to work harder, your risk for heart disease and diabetes goes up. High blood pressure raises your risk for heart attack, stroke, eye problems and kidney disease.

You should always have an idea of what your blood pressure is, just as you know your height and weight.

2. How will I know if I have high blood pressure?

High blood pressure is a silent problem — you won't know you have it unless your healthcare provider checks your blood pressure. Have your blood pressure checked at each regular doctor visit, or at least once every two years (for people without diabetes or other risk factors for heart disease).

3. What can I do about high blood pressure?

Here are some easy tips to help reduce your blood pressure:

- Work with your healthcare provider to find a treatment plan that's right for you.
- Eat whole grain breads and cereals.
- Try herbs and spices instead of salt to flavor foods.
- Check food labels and choose foods with less than 400 mg of sodium per serving.
- Lose weight or take steps to prevent weight gain.
- Limit alcohol consumption and consult your healthcare provider about whether it is safe to drink alcohol at all.
- If you smoke, get help to quit.
- Ask your healthcare provider about medications to help reduce high blood pressure. Samples of these types of medications include ACE inhibitors, ARBs, beta blockers, calcium channel blockers, and diuretics.

To learn more about the link between high blood pressure and diabetes, [visit KnowDiabetesbyHeart.org](http://www.knowdiabetesbyheart.org).