



NAD Newsletter

VOLUME 40 NO. 03 MARCH 2022

Diabetes affects millions, but its impact goes far beyond

It affects everyone—family, friends and loved ones.

When a family member, especially a child, is diagnosed, it sends an emotional shockwave. What are the medical costs? What about getting proper care? How can you help manage diabetes at school? Suddenly, you have the world on your shoulders. But you also have support. There are countless ways to help your loved ones live a healthy, happy life. Reach out and ask for help: we have it for you here.

Talk to a health care provider

Too often, it can be hard to know where to start when you find out someone you love has been diagnosed with diabetes. Ask your healthcare provider what you can do to keep your loved one safe and healthy. Reach out to other parents or family members who have been impacted by this disease. You are now part of a worldwide community. And asking for help is the first step in supporting your loved one's journey to health.

Parents: it's a challenge you can meet head on

Hearing that your child or loved one has diabetes can be a shock. But after that shock wears off, know that there are plenty of things you can do to help along the way. Sure, daily life with diabetes can be a challenge, but it's a challenge you can meet head on.

With planning and preparation, you can get back to daily life and resume your routine activities. You can help make physical activity part of every day. You can create a balanced eating plan for your loved one—one that everyone can live with and thrive on. Throughout it all, know that diabetes can't keep your loved one from doing whatever they want or achieving their highest goals. There are Olympic athletes with diabetes, as well as professional football players, politicians, actors, rock stars and CEOs. So, take a deep breath. You can do so much to make sure the people you love are thriving as they manage their diabetes.

Keep them safe at school

When you're a parent, you feel like you can keep your children safe as long as you're with them. For parents of children with diabetes, that feeling is even louder. That's why our **Safe at School**[®] campaign works to make sure that the diabetes management needs of students are met so your children are healthy and safe when they are at school and out of your sight.

By working as a team, families, health care providers and school staff can make sure that your child is being taken care of. Through Safe at School, newly diagnosed children can depend on school staff to monitor their blood sugar and administer insulin. In addition to that, there can be trained school staff on hand who can recognize and treat high and low blood sugar and administer emergency glucagon.

Baked Teriyaki Chicken



INGREDIENTS

- corn starch 1 tbsp
- cold water 1 tbsp
- Splenda Granulated Sweetener 1/2 cup
- lower sodium soy sauce 1/2 cup
- apple cider vinegar 1/4 cup
- garlic (minced) 1 clove
- ground ginger 1/2 tsp
- black pepper 1/4 tsp
- boneless, skinless chicken breasts 3 lbs

DIRECTIONS

1. Preheat oven to 425°F. Spray a 13" x 9" baking dish with cooking spray.
2. In a saucepan, whisk together cornstarch and cold water until smooth. Whisk in Splenda Sweetener, soy sauce, vinegar, garlic, ginger, and pepper. Bring to a simmer over low heat and cook, stirring frequently, until sauce thickens and bubbles.
3. Place chicken in prepared baking dish and brush with teriyaki sauce. Turn chicken over, and brush again.
4. Bake for 15 minutes. Turn chicken and bake until chicken is no longer pink and juices run clear when pierced with the tip of a paring knife (20–30 minutes total baking time, depending on size). Brush with sauce every 10 minutes during baking.

NUTRITION FACTS

12 Servings
Serving Size 3 OZ Chicken

Calories 170

Total Fat 3.5g

- Saturated Fat 1g
- Trans Fat 0g
- **Cholesterol** 80mg
- **Sodium** 440mg
- **Total Carbohydrate** 3g
- Dietary Fiber 0g
- Total Sugars 1g
- Added Sugars 0g
- **Protein** 30g
- **Potassium** 560mg
- **Phosphorus** 230mg

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

MAR. 01, 2022 TUE	M-Z
MAR. 02, 2022 WED	Elderly./Special Needs Clients/ A-L
MAR. 03, 2022 THU	OPEN DAY
APR . 01 2022 FRI	Elderly./Special Needs Clients/ A-L
APR. 04, 2022 MON	M-Z
APR. 05, 2022 TUE	OPEN DAY

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

<i>APRIL 2022</i>		
APR. 01, 2022	FRI	Case Record ID ending with '1 & 2'
APR 04, 2022	MON	Case Record ID ending with '3 & 4'
APR. 05, 2022	TUE	Case Record ID ending with '5 & 6'
APR. 06, 2022	WED	Case Record ID ending with '7 & 8'
APR. 07, 2022	THU	Case Record ID ending with '9 & 0'

TINIAN Benefit Issuance Schedule

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

MAR. 01, 2022 TUE	Elderly, Special Needs Clients
MAR. 02, 2022 WED	A-L
MAR 03, 2022 THU	M-Z
APR 01, 2022 FRI	Elderly, Special Needs Clients
APR. 04, 2022 MON	A-L
APR. 05, 2022 TUE	M-Z

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. HERMAN'S MODERN BAKERY
2. FISHING TACKLE
3. S.T.A.R. MARIANAS, INCORPORATE
4. U-SAVE MARKET (TINIAN)
5. HARVEST MART (ROTA)
6. 3 KINGS MARKET TOO (ROTA)

NAP CONTACT NOS.

Certification Unit	237-2801-6 237-2870-4
FAX	664-2851
	237-2842
Administration	237-2843
FAX	664-2850
Website:	
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



NUTRITION ASSISTANCE PROGRAM

INCOME THRESHOLD AND MAXIMUM ALLOTMENT				
HH SIZE	INCOME	SAIPAN	TINIAN	ROTA
1	\$1,396	\$369	\$390	\$449
2	\$1,888	\$677	\$715	\$823
3	\$2,379	\$969	\$1,024	\$1,179
4	\$2,871	\$1,231	\$1,301	\$1,498
5	\$3,363	\$1,462	\$1,544	\$1,779
6	\$3,855	\$1,754	\$1,853	\$2,134
7	\$4,347	\$1,939	\$2,048	\$2,358
8	\$4,839	\$2,216	\$2,341	\$2,695
9	\$5,331	\$2,493	\$2,634	\$3,032
10	\$5,823	\$2,770	\$2,927	\$3,369
11	\$6,315	\$3,047	\$3,220	\$3,706
12	\$6,807	\$3,324	\$3,513	\$4,043
13	\$7,299	\$3,601	\$3,806	\$4,380
14	\$7,791	\$3,878	\$4,099	\$4,717
15	\$8,283	\$4,155	\$4,392	\$5,054
<i>Effective October 1, 2021</i>				

