



NAP Newsletter

VOLUME 38 NO 08 AUGUST 2020

Safe Grocery Shopping Tips for People with Diabetes

Staying home and limiting your contact with other people is the most effective way to stay safe and avoid COVID-19. However, some trips outside are essential, like shopping for groceries.

Before you go to the store:

- If you are at high risk, consider having a family member or friend get your groceries for you or use a grocery delivery service if available. Many stores now allow you to order groceries online for pickup or delivery. Keep in mind that this means another person will be handling your items, so you need to balance the risk with this option.
- If you plan to go to the grocery store, try to minimize your shopping trips by making a list for what you will need for the next week or two. Organize your list by department, if you can, to help shopping go faster and limit your time in the store.
- Try to shop first thing in the morning. This is usually the least crowded time, and many supermarkets have cleaned and sanitized the store the night before.
- Find out if your supermarket has special shopping times for seniors and people at higher risk. This is typically early in the morning, for the reasons mentioned above. It is now recommended that everyone cover their mouth and nose with a cloth face covering when leaving the house. This is especially important for people at higher risk.

Renewal/Recertification of NAP Application

during Pandemic:

1. Pick up a renewal application packet at the NAP Office. DO NOT wait until your benefit pick up day or later of the month to submit your application. The sooner your renewal application is completed and submitted the sooner determination shall be made on your application.
2. Fill out the application form and attach all requirements such as:
 - A. Three (3) latest check stubs if someone in your household is working.
 - B. If no income, a Basic Needs affidavit or Declaration from the provider is required on every renewal. In leu of Affidavit of Basic Needs, NAP is now accepting declaration as a replacement due to this pandemic. A Zero- Income Questionnaire Form must be filled out properly and accompanied with the Affidavit or Declaration. This Form can be obtained from the Certification Unit.
 - C. Copy of the latest bank statement (Savings/Checking) from the bank must also be submitted if applicable
 - D. Single parents are obligated to provide Child Support Affidavit indicating whether there is help from the other parent of the child or children. Again, declaration is accepted in leu of the Child Support Affidavit.
 - E. Other forms attached with the Renewal Application must be Properly filled out.
3. Then put all the requirements, forms, and application together in one envelope and do a drop off in the drop box at the NAP Office. (When facing the building, drop box is on the first door on your right)
4. Within the same month, the Caseworker will call you on the phone for an interview. To avoid any delays in the process, ensure that all forms are properly filled out and signed, all requirements are submitted, and lastly the telephone is working in order for the caseworker to be able to contact you.

Herb-Crusted Pork Chops

Nutrition Facts

6 Servings

Serving Size 1 pork chop

CALORIES 160/SERVING

Total Fat 6g

- Saturated Fat 2g
- **Cholesterol 55mg**
- **Sodium 70mg**
- **Total Carbohydrate 1g**
 Dietary Fiber 0g
 Total Sugars 0g
- **Protein 24g**
- **Potassium 330mg**
phosphorus 340 mg

INGREDIENTS

- **dried rosemary** 1 tsp
- **dried oregano** (dried) 1 tsp
- **dried thyme** 1/2 tsp
- **garlic powder** 1/2 tsp
- **chili powder** 1/2 tsp
- **black pepper** 1/4 tsp
- **olive oil** 1 tbsp
- **pork loin boneless chops** (about 1/2-inch thick) 1 1/2 lbs



DIRECTIONS

1. In a small bowl, combine rosemary, oregano, thyme, garlic powder, chili powder, and black pepper. Mix well.
2. Add olive oil to a large sauté pan and heat over medium-high heat. Season pork chops on both sides with herb blend.
3. Sauté pork chops for about 5 minutes per side or until done.

https://www.diabetesfoodhub.org/recipes/spaghetti-and-meatballs.html?home-category_id=20

ROTA Benefit Issuance Schedule

August 03, Monday	A,B,C,D,E,F
August 04 Tuesday	G,H,I,J,K,L
August 05 Wednesday	M,N,O,P,Q
August 06 Thursday	R,S,R,U,V,W,X,Y,Z
September 01 Tuesday	A-L
September 02 Wednesday	M-Z
September 03 Thursday	OPEN DAY

TINIAN Benefit Issuance Schedule

Aug 03, Mon	Manamko, Special Clients, Pregnant
Aug 04, Tues	A-L
Aug 05, Wed	M-Z
Aug 06, Thur	OPEN DAY
Sept. 01, Tue	Manamko, Special Clients, Pregnant
Sept 02, Wed	M-Z
Sept 03, Thu	A-L
Sept 08, Tue	OPEN DAY

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

<i>AUGUST 2020</i>		
AUG 03, 2020	MON	Case Record ID ending with '1'
AUG 04, 2020	TUE	Case Record ID ending with '2'
AUG 05, 2020	WED	Case Record ID ending with '3'
AUG 06, 2020	THU	Case Record ID ending with '4'
AUG 07, 2020	FRI	Case Record ID ending with '5'
AUG 10, 2020	MON	Case Record ID ending with '6'
AUG 11, 2020	TUE	Case Record ID ending with '7'
AUG 12, 2020	WED	Case Record ID ending with '8'
AUG 13, 2020	THU	Case Record ID ending with '9'
AUG 14, 2020	FRI	Case Record ID ending with '0'
AUG 17, 2020	MON	OPEN DAY

<i>SEPTEMBER 2020</i>		
SEPT 01, 2020	TUE	Case Record ID ending with '1'
SEPT 02, 2020	WED	Case Record ID ending with '2'
SEPT 03, 2020	THU	Case Record ID ending with '3'
SEPT 04, 2020	FRI	Case Record ID ending with '4'
SEPT 08, 2020	TUE	Case Record ID ending with '5'
SEPT 09, 2020	WED	Case Record ID ending with '6'
SEPT 10, 2020	THU	Case Record ID ending with '7'
SEPT 11, 2020	FRI	Case Record ID ending with '8'
SEPT 14, 2020	MON	Case Record ID ending with '9'
SEPT 15, 2020	TUE	Case Record ID ending with '0'
SEPT 16, 2020	WED	OPEN DAY

ORIENTATION ANNOUNCEMENT

Due to Corona-Covid 19 Virus which requires social distances, NAP Office does not requires 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.

OTHER VITAL INFORMATIONS

***INCOME AND MAX BENEFIT LEVEL
Valid up to September 30, 2020***

<i>HH No.</i>	<i>Income</i>	<i>Saipan Benefit</i>	<i>Tinian Benefit</i>	<i>Rota Benefit</i>
1	\$1,041	\$283	\$299	\$344
2	\$1,410	\$519	\$546	\$629
3	\$1,778	\$743	\$782	\$901
4	\$2,146	\$944	\$998	\$1,150
5	\$2,515	\$1,121	\$1,180	\$1,360
6	\$2,883	\$1,345	\$1,417	\$1,544
7	\$3,251	\$1,487	\$1,569	\$1,808

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

1. LUCKY DE MART II
2. X.K. MARKET
3. TENDA SUPERMARKET
4. MING MING SUPERMARKET
5. 3K'S MARKET

NAP CONTACT NOS.

Administration	237-2842
FAX	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	237-2801-6 237-2870-4 664-2851
FAX	
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>Thelma Ada</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 Iginoef-Ruben</u>	<u>284-5303</u>
<u>Vanessa Andres</u>	<u>284-5301</u>
<u>Frances Castro</u>	<u>284-5302</u>