



From The Editor's Desk



Nkechi Ali-Balogun
President, COFFHA

The long-awaited day is here. We COFFHA is agog with excitement; O yes it is the long awaited investiture and our fundraising event. It promises to be exciting, colorful, impressive and phenomenal. It's a day you cannot afford to miss. This event it's long overdue. It was to take place in 2020 and COVID-19 struck. In 2021 we had to postpone it in honour of the spouse of one of us who we lost to the cold hands of death. The time, the right time, the best time has finally come and on 19 June 2022 at the Grace Events Centre, this event will finally take place. If you are a lover of humanity with a heart for the less privileged, this is an opportunity for you to join people of like minds to collectively give towards poverty alleviation. Giving is our way of life in COFFHA and we invite you to be a part of it. Make sure you are there; do not be told. Remember always that giving is the reason for receiving and "no one ever became poor from giving"

We were there again in April to give hope to some patients at the General Hospital at Gbagada through our Coffha Helping Hands Initiative by paying their bills. Over We travelled all the way to Oguta to commiserate with one of us at the passing of her dearly beloved mother, at the age of 96. COFFHA will always emphasize friendship and solidarity for that is the hallmark of who we are.

IN THIS ISSUE:

- Editors Comment
- COFFHA Helping Hands Initiative
- Health Tips
- Kitchen Hacks that work
- COFFHAshionese
- Birthdays (April - June)
- SlackJaw

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Join us and together, we can add meaning and essence to lives around us.

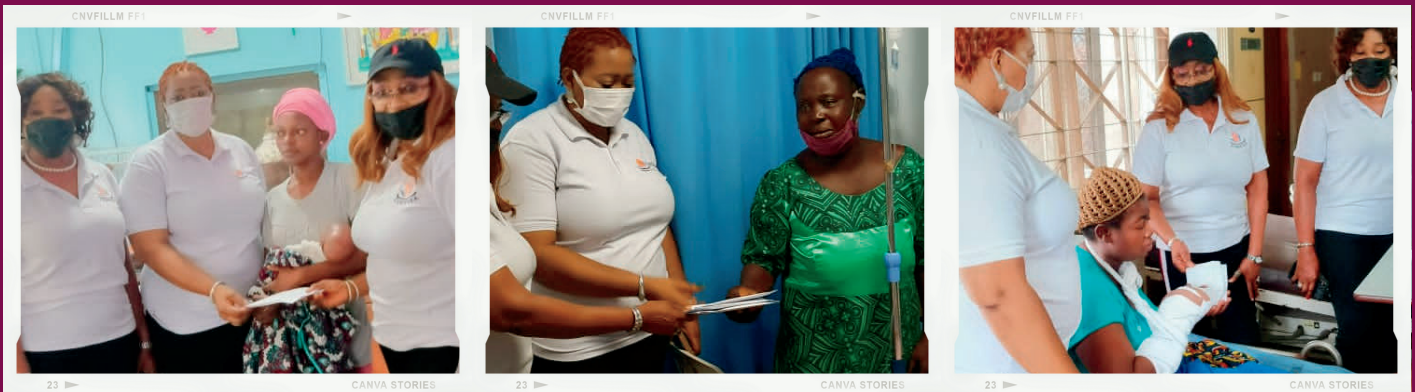
The COFFHA Helping Hands Initiative.

In line with our commitment to help the sick to pay their hospital bills, we visited the in-patients at Gbagada general hospital, on the 2nd of April 2022. As usual the patients were randomly selected guided of course by the hospital management. The sum of N504,000 (Five Hundred and Four Thousand Naira Only) was disbursed to patients in various wards to defray their hospital bills, purchase drugs and other medical consumables. The hospital management were full of praises for COFFHA and sent us this message in appreciation.

“On behalf of staff and management of General Hospital Gbagada I want to appreciate you and your team for the act of goodwill shown to indigent patients of our Hospital on 2/4/22. Thank you so much. May God make happen for you(bless) what you make happen for others. Thank you. Segun Babafemi, General Hospital Gbagada”.

We are very grateful to all the CHHI donors.

May the good Lord grant you divine health as you continue to show up for the sick.



Mental Health Wellness for women.

There is no time more critical than this for women and individuals in general to be more aware of their mental health than now. With the cost of food skyrocketing, the rising incidence of domestic violence, insecurity general negative atmosphere, most women are bound to be depressed leading to very serious mental health conditions. According to research, women are twice as likely as men to have panic disorder, generalized anxiety, and specific phobias.

Recently a 47-year-old accountant, identified as Afolake Abiola committed suicide by drinking a pesticide. Afolake who was single, , “has been battling depression for a while on account of no husband and no child.”

Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave. People sometimes use the term “mental health” to mean the absence of a mental disorder.

Mental health can affect daily living, relationships, and physical health.

However, this link also works in the other direction. Factors in people’s lives, interpersonal connections, and physical factors can all contribute to mental health disruptions.

Looking after mental health can preserve a person’s ability to enjoy life. Doing this involves reaching a balance between life activities, responsibilities, and efforts to achieve psychological resilience. If you are mentally balanced and at peace with yourself internally, then you are practicing good mental health.

Factors that affect Women's mental health

1. Major life transitions such as pregnancy, motherhood and menopause can create physical and emotional stresses for women.
2. Negative life experiences – infertility and prenatal loss, poverty, discrimination, violence, unemployment and isolation – also impact on women's mental health and wellbeing.
3. Unequal economic and social conditions also contribute to women's higher risk of depression.
4. Relationship breakdown
5. Violence or abuse
6. Discrimination based on sexuality or gender identity.
7. Bereavement or loss of a loved one.

Treatment

There are various methods for managing mental health problems. Treatment is highly individual, and what works for one person may not work for another.

There are different options at various stages in their life and it is recommended the individual works closely with a doctor who can help them identify their needs and provide them with suitable treatment which may include: Psychotherapy, or talking therapies

1. Make social connection, especially face-to-face, a priority.
2. Stay active.
3. Take up a relaxation practice.
4. Make leisure and contemplation a priority.
5. Eat a brain-healthy diet to support strong mental health.
6. Don't skip on sleep.
7. See a therapist, when you need to see one.
8. Practice gratitude.
9. Try to belong to a fellowship

Early Symptoms:

- withdrawing from friends, family, and colleagues
- avoiding activities that they would normally enjoy
- sleeping too much or too little
- eating too much or too little
- feeling hopeless
- having consistently low energy
- using mood-altering substances, including alcohol and nicotine, more frequently
- displaying negative emotions
- being confused
- being unable to complete daily tasks, such as getting to work or cooking a meal
- having persistent thoughts or memories that reappear regularly
- thinking of causing physical harm to themselves or others
- hearing voices
- experiencing delusions

Kitchen hacks for cleaning Kitchen tools (Part 1)



Does the thought of cleaning your kitchen tools make you tired and overwhelmed? This content is for you, because it turns out there are tons of tricks to make the job quicker, easier, and (dare we say) fun.

Blinds:

1. Mix equal portions of water and vinegar.
2. Then dip a towel into the mixture.
3. Use the wet towel to clean the blinds.

Microwave:

1. Get a container
2. Mix 2 cups of water and 2 tablespoon of white vinegar in the container
3. Put the mix in the microwave.
4. Microwave for 5 mins
5. Take the mix out and then clean with a wet or a dry towel.

Oven:

1. Remove the oven racks, including the oven door if possible.
2. Make a paste with baking soda and water.
3. Apply the cleaning paste and allow it to sit for 12 hours or overnight.
4. Wash the baking pans/glass panel with dish soap or baking soda paste.
5. Spray the racks with white vinegar and baking soap and allow to sit for 5 minutes.
6. Run hot water on the racks and rinse.
7. 12hrs later, wipe off the paste with damp cloth.
8. Spray white vinegar to wipe clean.

COFFHashionese

How to style a black dress:

A black dress is a wardrobe staple, inspiring many outfit ideas and working flexibly in different settings.

A versatile black dress works in all seasons and almost all settings. See how you can get the most out of your black dress with these outfit ideas:

1. Go casual in warmer weather. Summer outfits are usually an opportunity for brighter, vibrant colors, but you can opt for a trendy, casual look by pairing a strapless black dress with a pair of white sneakers. Shoulder a tote bag and throw on a summer hat, and you'll be ready for the beach or farmers' market.
2. Add leggings and a blazer for the office. The black dress can be for the workplace as well. Wear booties, tights, and a blazer with your black dress for smart casual offices. Dresses with conservative necklines work best for work wear.
3. Throw on a leather jacket for a night out. Leather jackets, like black dresses, work with all body shapes, so you can customize your casual outfit by wearing a colorful leather jacket with your black dress.
4. Try something formal for a date night. Wear a black midi dress with heels for a night out or more formal events, and accentuate your outfit with some fancier add-ons like jewelry.
5. Complete your look with knee-high boots. Your black cocktail dress can go with many forms of shoe wear. Heels can work in warmer weather, and knee-high boots go great in cooler months, especially if you wear a shorter midi dress.



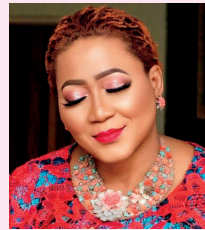
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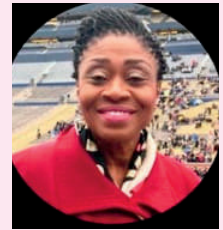
Lady Christie Onwuzulike
April 1



Lady Chizor Malize
April 5



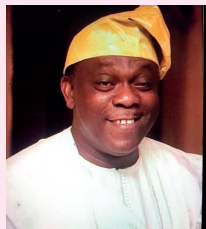
Mrs. Nkechi Ali-Balogun
May 19



Lady Gloria Ikepeme
May 21



Prof Chinyere Ezeaka
May 26



Eng Jide Dipo Anubi
June 16th



Lady Prisca Nwadialo
June 17



Chief Mrs Edith Mike-Ejezie
June 23



Lady Ngozi Okoro
June 27