

TRUSTFUND PENSIONS

NEWSLETTER

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REMEMBER



Use
Sanitizer



Wear
Facemask



Wash your
Hands



Keep Social
Distance



Wear
Gloves

PenCom Waives Requirements, Orders PFAs to Pay Retirees



NATIONAL PENSION COMMISSION

The **National Pension Commission (PenCom)** has ordered Pension Fund Administrators (PFAs) to temporarily waive the National Identity Number (NIN) as a mandatory requirement for retirees to get their benefits following mounting complaints from retirees.

In a circular to all licensed PFAs, the Commission noted that the circular was in response to challenges being experienced by retirees due to the COVID-19 pandemic and lock down by the Federal Government of Nigeria. The Commission waived the requirements for the Retiree Indemnity Form and the National Identity Number (NIN).

Retirees are to explore alternative windows available in respective courts to obtain the endorsement of the Commissioner for Oaths on the retiree indemnity forms.

PFAs, however are required to obtain National Identification Numbers (NINs) from their clients within three months of the lifting of the lock down.

Nigeria to Create New Jobs to Reduce Effects of COVID-19



Muhammadu Buhari, President, Federal Republic of Nigeria

In a nationwide broadcast to celebrate Democracy Day, President Muhammadu Buhari said youths will be engaged in special public works program aimed at cushioning the effects of the economic downturn. Each of the 774 local government areas in the country will be allotted 1,000 slots and a total of 774,000 jobs will be created.

With a population of nearly 200 million as at June 12th, Nigeria has so far recorded 14,554 coronavirus cases, with 387 deaths and 4,494 recoveries, according to the Africa Centers for Disease Control and Prevention. Nigeria's initial six-week lockdown which ended on June 1, 2020 was replaced with a second phase four-week lock down which ended on June 29, 2020.

Buhari noted that the coronavirus pandemic has disrupted the country's economy. The President said, the government has put in place a number of various non-pharmaceutical measures to slow down the spread of the virus.

He added that, Government is determined to turn the COVID-19 challenge into a motivation to action by building a nation-wide public health care system that will help overcome the COVID-19 pandemic and prepare for any future outbreak.

PFAs Invest N54.35bn Pension Funds in Infrastructure



Pension Fund Administrators (PFAs) have invested N54.35bn of the total assets under the Contributory Pension Scheme (CPS) in infrastructure. Figures obtained from the National Pension Commission (PenCom) revealed that the total assets under the Scheme as at April 2020 was N10.57tn.

PFAs are allowed to invest funds in different investment assets. The funds are invested in agency bonds, supranational bonds, commercial papers, money market securities open/closed-end funds, real estate investment trusts, private equity funds, cash and other assets.

The Acting Director-General, PenCom, Mrs. Aisha Dahir-Umar, said the Scheme had experienced growth since its inception which justified the Commission's emphasis on safety of pension funds. She added that notwithstanding the modest milestones, the Commission and pension operators are committed to actualizing the growth potential of the pension industry.

Nigeria to Ensure Orderly Foreign Investor Exits after Oil Price Crash



Nigeria has put in place policies to ensure that foreign investors who want to repatriate funds can exit the country in an orderly fashion.

Foreign investors have sold Nigerian assets at an accelerated pace since February. resulted in a 24% decline in dollar reserve to \$34 billion over the last year.

CBN Governor, Godwin Emefiele said that, strategic importation or service obligations would take priority, adding that the Central Bank wanted to galvanize local manufacturing activity.

The Central Bank had settled all dollar commitments in an orderly manner in 2015, when the last oil price rout created a similar dollar shortage.

Then, Capital Controls were introduced and a multiple currency regime was created. In 2020, the naira suffered a 15% devaluation as the Central Bank sought to converge rates. The Central Bank resumed forex sale to locals last week following the phased easing of the coronavirus lockdown, but the bank is yet to start sale to foreign investors.

The naira has since hit a series of lows on the black and over-the-counter spot markets. The gap with the official market widened, after the apex bank suspended dollar sales in the wake of the coronavirus lock down.

Analysts estimate there is pent up demand between \$1.5 billion and \$1.8 billion from investors looking to exit the Nigerian economy.

Healthy Lifestyle Tips for Adults

Eat a Variety of Foods

For good health, we need more than 40 different nutrients, and no single food can supply them all. It is not about a single meal, it is about a balanced food choice over time that will make a difference!

Base Your Diet on Plenty of Foods Rich in Carbohydrates

About half the calories in our diet should come from foods rich in carbohydrates, such as cereals, rice, pasta, potatoes, and bread. It is a good idea to include at least one of these at every meal. Wholegrain foods, like wholegrain bread, pasta, and cereals, will increase our fibre intake.

Replace Saturated With Unsaturated Fat

Fats are important for good health and proper functioning of the body. However, too much of it can negatively affect our weight and cardiovascular health. Different kinds of fats have different health effects, and some of these tips could help us keep the balance right. We should limit the consumption of total and saturated fats (often coming from foods of animal origin), and completely avoid trans fats; reading the labels helps to identify the sources. Eating fish 2-3 times a week, with at least one serving of oily fish, will contribute to our right intake of unsaturated fats. When cooking, we should boil, steam or bake, rather than frying, remove the fatty part of meat, use vegetable oils.

Enjoy Plenty of fruits and Vegetables

Fruits and vegetables are among the most important foods for giving us enough vitamins, minerals and fibre. We should try to eat at least 5 servings a day. For example, a glass of fresh fruit juice at breakfast, perhaps an apple and a piece of watermelon as snacks, and a good portion of different vegetables at each meal.

Reduce Salt and Sugar Intake

A high salt intake can result in high blood pressure, and increase the risk of cardiovascular disease. Sugar provides sweetness and an attractive taste, but sugary foods and drinks are rich in energy, and are best enjoyed in moderation, as an occasional treat.

Drink Plenty of Fluids

Adults need to drink at least 1.5 litres of fluid a day! Or more if it's very hot or they are physically active. Water is the best source, of course, and we can use tap or mineral water, sparkling or non-sparkling, plain or flavoured. Fruit juices, tea, soft drinks, milk and other drinks, can all be okay - from time to time.

Style Tips: Formal Dressing Tips for Men



Formal dressing in men's fashion has undergone a noticeable transformation in the past few decades. It is no longer considered as old school, dull or uninteresting. If styled properly, formals can look very elegant and classy, says an expert.

Here are a few tips for men to make their outfit look more appealing:

- The most basic rule of formal dressing is to match your belt colour with your shoes. Similarly your tie and shirt should complement each other.
- Opt for a light coloured shirt when wearing a bright hued tie. A white shirt is the keystone of any tailored look. Find your perfect fit and invest in few to look smart yet stylish. You can also give a shot to funky shirts like the ones with floral prints, polka dots or the ones with checks and stripes. Team them with a black jacket and off-white pants to make a bold style statement at your workplace.
- Play with different styles of pocket squares to stand out. Adding a patterned pocket square will give a very interesting touch to your simple plain suit. It also gives you an opportunity to add a pop of color to your suit which can help in breaking the monotony. Besides this, it will draw away people's attention from your chest or waist if you are slightly on a heavier side.
- Try different hues of ties to create a statement look. The same suit can be transformed with different tie colors. Colors give off very specific signs. For instance, red tie signifies power. Similarly blue is considered to be a self-confidence tie.
- Ties are a statement but sometimes going tie-less can make a bigger style statement. Replace your tie with a pair of nice cuff links and give a twist to your same old boardroom look.
- Pair pattern with solid as it not only looks fashionable but also very office-appropriate. So, if you are reaching out for a solid shirt, a little textured or patterned trouser will look interesting. Or if you want to play it safe, go for solid pants and a modest patterned shirt. Shoes can make or break a smart look. Invest in the right pair to finish off your formal outfit.
- Brogues or Oxfords are a safe bet or reach out for a monk-strap for a modernized formalwear look. Great socks are a must for a formal outfit; choose a colour that complements your shoes.

The Way You Dress Says a lot About You As A Woman

If You	You Might	Consider
<ul style="list-style-type: none"> Keep every piece of clothing you've ever owned. 	<p>Be clinging to the past through the sentimental value of your pieces</p>	<p><i>Adopting the Golden Wardrobe Ratio: Get rid of 2 out of 3 items you own, including anything too big/small, ripped/torn or outdated.</i></p>
<ul style="list-style-type: none"> Wear only neutrals, largely devoid of accessories. 	<p>Be stuck in a psychological rut, too comfortable to shake it up, or too afraid to draw attention to yourself.</p>	<p><i>Deviating from your routine in small ways (a different route to work, a few new spring accessories.</i></p>
<ul style="list-style-type: none"> Dress in clothing too large for your body. 	<p>See your body differently than others see it, or as a reflection of the way it once was.</p>	<p><i>Bringing an honest friend shopping to find out what looks great on you, ignoring sizes and getting used to wearing clothes that fit.</i></p>
<ul style="list-style-type: none"> Have been told you're dressed inappropriately or too sexily. 	<p>Consider the same outfit appropriate for every occasion (i.e. clubbing and family barbecue), or be looking for the wrong kind of attention.</p>	<p><i>Consider the image you want to project in given situations (at work, on the town) and choose outfits based on cues from those around you.</i></p>
<ul style="list-style-type: none"> Dress too young (or too old) for your age. 	<p>Be trying to express the age you feel you are, but getting caught between your actual and internal age.</p>	<p><i>Gearing your outfits toward your goals (like getting a promotion, meeting significant other, traveling the world), rather than a specific age.</i></p>
<ul style="list-style-type: none"> Covered in designer logos. 	<p>Think you need to broadcast wealth in order to be treated well by others.</p>	<p><i>Practice wearing "blank canvas" pieces and only accenting with logos to emphasize that people value for more than your labels.</i></p>

Weight Loss Smoothie Recipes



Ingredients

Peanut Banana Cinnamon Smoothie

Ingredient

- 1 cup vanilla soy milk (or skim milk)
- + 1 large banana cut into chunks
- + 2 tablespoons peanut butter
- + 1/2 teaspoon cinnamon
- + 1 teaspoon honey
- + 3 ice cubes

How to make it

Place the milk, banana, peanut butter, cinnamon, and honey (if using) into a blender, and puree until smooth.

Add the ice cubes and pulse just until the ice is crushed.

Pour into a glass, sprinkle with additional cinnamon.

Why it Works

In addition to reaping the benefits of cinnamon that we just mentioned, the banana in this tasty shake can help reduce bloating and control your appetite

Pineapple Paradise Spinach Smoothie

Ingredient

- ¾ cup water
- + 2 cups frozen pineapple chunks (thawed)
- + 1 medium ripe avocado halved and pitted
- + 2 cups spinach
- + ½ cup ice cubes

How to make it

Combine all ingredients in a blender in the order listed. Blend until smooth.

Why it Works

Putting spinach in your smoothie can benefit you in more ways than one. It can help improve glucose levels in those with diabetes, lower your risk of cancer, improve bone health, and deliver minerals and vitamins that you need every single day. Blended together with some fruit, you get a sweet smoothie that is chock full of nutrients.



Q: What has a foot but no legs?

Q: Mary's father has 5 daughters - Nana, Nene, Nini, Nono. What is the fifth daughters name?

Q: How can a pants pocket be empty and still have something in it?

Q: What goes up when rain comes down?

PUZZLE

(ANSWERS FROM THE LAST ISSUES)

COVID 19 - WORD SEARCH

L	H	A	T	D	E	A	T	N	Q	I	Z	I	U
R	R	R	N	F	O	S	E	S	U	K	I	E	I
Q	S	E	O	Q	N	N	A	C	A	S	T	A	D
L	I	Z	I	T	O	E	E	I	R	T	A	R	I
O	N	I	T	G	K	E	D	M	A	I	H	I	S
A	W	T	A	Q	L	Z	S	E	N	E	A	A	I
I	E	I	L	S	T	E	N	D	T	I	E	C	N
E	H	N	O	A	S	T	N	N	I	I	H	H	F
C	F	A	S	N	A	E	N	A	N	I	O	N	E
O	W	S	I	E	A	N	N	P	E	H	M	I	C
U	A	R	F	E	G	S	I	K	E	D	A	F	T
G	S	A	L	S	D	N	A	H	C	E	S	E	I
H	H	E	E	N	F	S	U	U	I	I	K	N	A
C	K	F	S	K	F	E	V	E	R	E	S	R	S

- Cough
- Disinfect
- Mask
- Sickness
- Fever
- Self isolation
- Wash
- Fear
- Quarantine
- Sanitizer
- Pandemic
- Hands



1. Industry News

Source: Nike Popoola, Punch Newspapers.

<https://punchng.com/pencom-waives-requirements-orders-pfas-to-pay-retirees/> .

2. Business News

Source: <https://www.aa.com.tr/en/africa/nigeria-to-create-new-jobs-to-reduce-effects-of-virus/>

3. Investment News

Source: www.proshareng.com/news, Tuesday, April 28, 2020

4. Know your forex

Source-www.reuters.com/article/health-coronavirus-nigeria-cenbank/nigeria-to-ensure-order-foreign-investor-exits-after-oil-price-crash-idUSL8N2CT31M

5. Healthy Living

<https://www.eufic.org/en/healthy-living/article/10-healthy-lifestyle-tips-for-adults>

6. Fashion

<https://www.khaleejtimes.com/lifestyle/style-tips-formal-dressing-tips-for-men>

7. Foodie

Source-www.culinaryhill.com/pineapple-paradise-green-smoothie/#wprm-recipe-container-27588

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