

# Keep Calm & Wash Your Hands

August 5, 2020

From the desk  
of Amy Shiley

We hope you and your families are staying safe and healthy, both physically and emotionally. We are here to offer weekly tips and suggestions, as well as how to stay connected with your colleagues whether you are at home or still reporting to an office location.

- When you're anxious, one of the best things you can do is slow down and focus on your breathing. Here are some [simple but effective tricks to help usher in a sense of calm](#) and mindfulness.
- This is the second pandemic in National Fuel's history. Many of the [methods Americans used in 1918 to try to prevent the spread of the flu](#) are similar to what people began doing during the COVID-19 pandemic.
- A [Vermont teen found a way to creatively help others](#) grow into becoming better allies for the people of color in their communities with an [anti-racism calendar](#).
- Leadership Buffalo's next "Connecting Conversations," on Thursday, Aug. 13, covers "[Talking to People Who Don't Morally or Politically Agree With You](#)," featuring University at Buffalo's [James Lemoine](#). [Register here](#) for this free town hall.
- This week's dose of positivity and motivation is from [Leia who was afraid to jump in the pool](#) without her floatie but conquered her fears!

## Fast Facts

- We had two positive COVID-19 diagnoses this past week – one in New York and one in Pennsylvania – totaling 12 employees to date. For various reasons, including outstanding adherence to PPE and safety protocols, the workplace impact has been manageable. The recent positives underscore the need for us all to remain vigilant about PPE and CDC recommendations both at work and in other aspects of our lives. Our thoughts are with our colleagues, who are recovering well at home.
- Last Friday, the [Company announced it completed the purchase](#) of integrated upstream and midstream gathering assets in Pennsylvania from SWEPI LP, a subsidiary of Royal Dutch Shell plc.
- The Company will host its third-quarter fiscal 2020 teleconference on Friday, Aug. 7, at 11 a.m. [Click here for details](#) on how to listen to this Company update.

## Faces of Fuel



**Pictured:** Jordin Tracy, Senior Manager in Accounting, welcomed her second child, Patrick, two weeks ago. Don't let the picture fool you; everyone is happy and healthy!

Share your "Faces of Fuel" photos with us by emailing [corpcomm@natfuel.com](mailto:corpcomm@natfuel.com).

**"To thrive in life, you need three bones. A wishbone. A backbone. And a funny bone." –Reba McEntire**