

# Keep Calm & Wash Your Hands

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

Many families are struggling with the weight of current events, working, and balancing the needs of their families. Whether you've got kids, grandkids, or others you are helping to raise, we are here for you.

- Being active with your kids doesn't have to be hard! Here are some [suggestions on how to get moving together](#) and have fun while doing it.
- CNN partnered with Sesame Street for a [special town hall about racism](#), allowing both kids and parents to explore the current moment the nation is living through and to understand how these issues affect people.
- Racial injustice is not a new concept, but with the ongoing worldwide protests, it's now visible to many families in a way that it hasn't been in the past. If you need a little help teaching your kids about race and racism, here's [how to get started](#).
- Stephanie Ruhle achieved rock-star status when she [delivered a live report for NBC News NOW](#) with her 11-year-old son Reese secretly sprawled across her lap.

## Fast Facts

- In case you missed it, [Dave announced last week](#) for those employees currently telecommuting, we do not anticipate beginning the process of returning to our workplaces before Sept. 8, 2020.
- As we battle coronavirus together, tracing exposures to the virus is important to stop the spread. The New York State Contact Tracing Program works with confirmed positive COVID-19 people to determine with whom they have been in contact. Trained specialists reach out to those contacts about possible exposure. If you have been identified as a contact, you will get a call from "NYS Contact Tracing" at 518-387-9993. Please pick up!

## Faces of Fuel

**Pictured:** Stephanie Whitcomb, Assistant Manager in Human Resources, shows us her daughter Grace who wants us to know that your feet do not need to touch the ground to get the job done! Marissa Garrison, Part-Time Assistant Manager in Human Resources, and her kids, Piper and Cole, couldn't agree more!



We want to continue to highlight how our employees. Please share your stories with us by emailing Jessica Reagan in Corporate Communications at [reaganj@natfuel.com](mailto:reaganj@natfuel.com).

**"Although the world is full of suffering, it is also full of the overcoming of it." – Helen Keller**

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From the desk  
of Amy Shiley