

Keep Calm & Wash Your Hands

July 1, 2020

From the desk
of Amy Shiley

We hope you and your families are staying safe and healthy, both physically and emotionally. This has been an enormous challenge for all of us. You are never alone. 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.

- Check out the [full list of wellness videos](#) we've featured since March.
- The [Employee Assistance Program](#) is here to help. Please call 1-800-835-5012. Mental health services have never been easier to obtain. Human Resources can also help if you need referrals for your medical plan.
- In celebration of Juneteenth, [Alicia Keys and John Legend played dueling pianos](#) in the latest installment of the Verzuz series of online musical showdowns.
- Pride Month has ended but it's never too late to talk with your kids about civil rights and equal treatment for the LGBTQ community. Here's a [simple craft project](#) to start the conversation.
- We can all be in "the room where it happens" this Friday, July 3, when Hamilton is released on Disney+. Until then, enjoy this [remake of "Helpless,"](#) featuring the original Broadway cast, Jimmy Fallon, and The Roots.
- Can you make a promise to personally check in on one of your coworkers this week? Not a text or an email but a real connection? We all miss our normal interactions. Let's make a difference by connecting with one coworker and catching up this week.

Fast Facts

- By now, you've probably heard the saying, "What happens on the Internet stays on the Internet." As a reminder, while you are free to share your opinions on your social media accounts, please be mindful of your association with National Fuel. Employees should not speak on behalf of the Company as that is handled by Corporate Communications.
- In New York, HEAP is now open until Aug. 31, 2020, or until the funds are exhausted. If you know someone who needs help with his or her heating bill, HEAP can help. Please visit [HEAPhelps.com](#) for more information.



Faces of Fuel

Pictured: A welder's rig located in Meadville, Pa., on the site of Distribution Corporation's Line HM2 replacement project. He sure looks ready to celebrate the July 4th holiday!

We want to highlight our employees. Please share your news with us by emailing Corporate Communications at corpcomm@natfuel.com.

"Raise a glass to freedom – something they can never take away." –Mulligan, Laurens & Lafayette during "The Story of Tonight" in Hamilton