

Keep Calm & Wash Your Hands

July 15, 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.

- Self-care might look different for each of us. Here are some suggestions:
 - Go for a [safe, socially distanced hike](#) with family or friends.
 - Create physical activity, imaginative and sensory play, and musical fun for your kids. [Little Buffalo has great suggestions](#) as well as toolkits for purchase.
 - Host a [safe, small gathering](#) in your backyard.
- On that note, given that coronavirus cases continue to surge in many places, what's safe? Listen to a [panel of infectious disease and public health experts](#) to rate the risk of summer activities, from backyard gatherings to a day at the pool to sharing a vacation house with another household.
- If you're looking for a silly, feel-good movie, Utility President Donna DeCarolis recommends [Eurovision Song Contest: The Story of Fire Saga](#) on Netflix.
- This [funny video about conference calls](#) is from 2014 but it's more relevant than ever.

Fast Facts

- As you know, we had two positive COVID-19 diagnoses this week, totaling six employees thus far. This should be seen as a reality check for all of us that the battle continues and the need to stay vigilant is real. We appreciate that our employees faithfully follow the Company's guidelines on preventing the spread of COVID. Remember, you need to be "Safe 4 the Right Reasons" for the good of your family, your coworkers, our customers, and our communities.
- Beginning July 13, all employees should complete the "Child Care Request Form" for any days impacted by child care provider closures. The benefit remains unchanged but we anticipate this will help standardize the process for requesting and authorizing time off for these circumstances. Please contact your manager or Human Resources for a copy of this form.
- Don't forget: We continue to share weekly opportunities for you to help and give back safely during this time. Please [visit the Employee/Retiree Portal](#) for updates.

Faces of Fuel



Pictured: Bryan Fremont, Senior Foreman at Mineral Springs, generously staffed National Fuel's truck at Explore & More Children Museum's Find-A-Truck event – a socially distanced spin on its annual Touch-A-Truck day.

"We have to take encouragement wherever we find it. Right now,

I'm holding on to this: The No. 1 Google search is not COVID symptoms or PPP checks. It is: How can I help?" –[Kelly Corrigan](#)