

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, as well as how to stay connected with your colleagues whether you are at home or still reporting to an office location.

- Sleepless nights have emerged as the latest causality of the pandemic. In ordinary times, sleep is essential to every aspect of a person's well-being. In extraordinary times of uncertainty, anxiety, and stress, getting the sleep we need is more important than ever.
- Here are [quick and manageable tips on how to sleep better](#).
- Try some of these [changes to your routine so you can catch more Zs](#).
- For our Schitt's Creek fans, "[A Day in Lockdown as told by Moira Rose](#)" is feeling all too real right now!
- Many parents are juggling work, summer school, summer camps, canceled travel plans, and so much more. Here are a few suggestions on how to make the most of it:
 - Plan a staycation: [Camp at home, open your own drive-in](#)
 - The [Buffalo Zoo](#) and [Erie Zoo](#) have reopened and I've heard are doing a great job keeping the grounds safe and welcoming for families.
 - Our service territories are home to many incredible parks. Check out [Presque Isle State Park](#) in Erie, Pa. It's worth the drive from Buffalo!
- Myths often constrain parents from talking to their children about racism or teaching them how to be actively antiracist. Here are some [tips from the author of Antiracist Baby](#).

Fast Facts

- Last week, [Seneca Resources announced it's moving](#) its Pittsburgh-area office further north to Cranberry Township. Brad Elliott, Vice President and head of Seneca's East Division, said on the motives for the move, "Our needs have changed as we have continued to expand our footprint in Pennsylvania," and added the move "allows us to better accommodate our geographically dispersed workforce while providing better access to the region's major thoroughfares."

Faces of Fuel



Pictured: The 2019 National Fuel Bowl-A-Thon Team

This year's team raised \$9,334 for [Junior Achievement of WNY](#), coming in third place. Although the event was canceled due to the COVID-19 pandemic, the NFG team, led by Alex Lent and comprised of 204 employees, rose to the occasion and did an outstanding job!

Junior Achievement is the nation's largest organization dedicated to

giving young people the knowledge and skills they need to own their economic success, plan for their futures, and make smart academic and economic choices. For more information, please visit www.juniorachievement.org.

"At the end of the day, it's not about what you have or even what you've accomplished... it's about who you've lifted up, who you've made better. It's about what you've given back." – Denzel Washington

July 22, 2020

From the desk
of Amy Shiley