

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.

- With stress levels high during the pandemic, every day can feel like overtime. Here's how to take back control:
 - [Create simple habits to set up your day with a relaxed mind.](#)
 - [Rituals keep these athletes grounded. They can help parents, too.](#)
- While many of us are tired of cooking meals, [94-year-old Clara is here](#) to inspire us to be creative and grateful.
- Leadership Buffalo is hosting [complimentary town hall workshops](#) open to the public to create safe spaces for discussions and learning about racial inequities (in addition to other topics).
- It's worth the trip to Buffalo to visit Frank Lloyd Wright's Martin House as seven of celebrated ceramicist [Jun Kaneko's massive sculptures have been placed](#) throughout the newly-restored, historic landscaping. Plus, tours of the house re-open on July 16.
- I think we can all relate to this [little girl's frustrations](#) on one level or another!

Fast Facts

- Americans are seeing firsthand the critical role that energy plays in meeting our daily needs and how natural gas is [#FuelingOurCommunities](#). National Fuel continues to deliver essential energy to the homes that have become our offices, schools, and gyms and the manufacturing facilities that continue to produce our food, supplies, and personal protective equipment.
- In case you missed it, [Dave Bauer shared an interview](#) yesterday in "Fueling Conversations" with one of our colleagues who has recovered from COVID-19.

Faces of Fuel



Pictured: Audit Services is staying connected by scheduling weekly Zoom meetings where they play COVID bingo, take a virtual vacation together, and discuss everything from favorite books to new COVID talents.

How has your department stayed connected? Share your stories with us by emailing Corporate Communications at corpcomm@natfuel.com.

"One word of encouragement can be enough to spark someone's motivation to continue with a difficult challenge." – Roy T. Bennett

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From the desk
of Amy Shiley