

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.

- At the suggestion of a viewer, this week, Dr. Dennis covered the [topic of carbs – everyone’s favorite enemy](#). If you have health, fitness, or wellness questions you’d like to see answered in a future video, please email corpcomm@natfuel.com.
- Whether it’s raining or the heat is downright oppressive, here are some great suggestions on [how to have fun indoors](#) with or without kids.
- Every Person Influences Children (EPIC) is hosting “Storytime at Canalside: The Virtual Chapter.” Join EPIC every Wednesday at 11 a.m. to hear a story read live by a guest reader that aligns with a weekly theme. All videos will be available on their [Facebook](#) and [YouTube](#) pages permanently for families to enjoy at their leisure.
- These [moments right before a Zoom meeting](#) seem all too real right now.
- Because we all need a good laugh: [Mail a potato face](#) to a friend, family members, or coworker!

Fast Facts

- We will no longer announce positive COVID-19 cases in stand-alone messages but they will be included here. As such, we had three diagnoses this past week – two in New York and one in Pennsylvania, totaling 10 employees to date. For various reasons, including outstanding adherence with PPE and safety protocols, the work place impact has been minimal. Our thoughts are with our colleagues at this time.
- Last week, [President and CEO Dave Bauer asked for employee feedback regarding the Company’s Return 2 the Workplace plan](#) and COVID-19 safety related matters. It is important to hear from our employees about their concerns, as well as what is working. Please do not hesitate to reach out.
- The Company has reviewed the hospital quarantine requirement and effective immediately employees will no longer need to quarantine after either being in the hospital or visiting someone in the hospital (including nursing homes); however, they must follow all required safety protocol while doing so and maintain strict vigilance with hygiene, masking, and other procedures. Visits to an emergency room will still require the 14-day quarantine period. We strongly encourage calls to the HR Hotline (716-857-7099) with any questions about individual situations.

Faces of Fuel



Pictured: The Samuels Tech Team

Annika Samuels, HR Manager, shared this cute pic of her WFH squad who put together the official [NFG Fourth of July playlist](#) that will keep you rocking all summer long!

“Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time.” –John Lubbock

July 29, 2020

From the desk
of Amy Shiley