

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

- It's been two months since many of us have been to our work locations, the gym, or hairdressers. We're still not sleeping well, our hands are dry from too much hand sanitizer, and our brains are foggy from reading too much about COVID-19. Take a step back and [pay attention to your mental and physical needs](#) during this time.
 - Drink water. It's super easy but easily overlooked. Here's a [five-minute video](#) explaining how drinking enough water can improve our daily lives.
 - Write a heartfelt letter to someone important in your life [just like 11-year old Emerson did](#).
 - Please ask for help if you need it. As a former board member and long time supporter of the Mental Health Association of Erie County, I know mental health resources are critical now more than ever. The [Pandemic Crisis Services Response Coalition](#) is providing free mental health services for frontline workers as well as resources for their loved ones.

Fast Facts

- Hats off to Paul Hoffman, Superintendent at Kane Field, who inspired NFG Food It Foward. Main Office employees donated approximately \$5,000 in gift cards. The final tally across all locations is to be announced. A special note that Paul will proudly celebrate retirement on June 1, 2020, after 42 years of service! Thank you, Paul, for your dedication and leadership.
- National Fuel employees continue to demonstrate their care and concern for their local communities. One way we do this annually is through the Employee Charitable Giving Program. At this time, we lack an efficient and safe manner to alter our program mid-year to allow for employees to change their pledges but it's an area we continue to investigate. Please feel free to directly support community organizations.
- We recognize it's important to provide outlets for employees to stay connected and give back to their communities. In addition to our weekly ["What Can You Do in NY and PA" postings](#), we are excited to announce a [virtual fitness class to benefit the American Cancer Society](#) on Thursday, May 28, at noon. This is FREE to all employees as the Company has covered the cost to participate. National Fuel will match up to \$500 in total donations should employees choose to donate to the American Cancer Society using the link above.

Faces of Fuel

Two months into working from home and we're wondering if we're rubbing off on our housemates or if they're rubbing off on us. If going for a walk is the highlight of your day and you find yourself aimlessly searching for treats, you might be a dog owner.

Pictured: Tim Silverstein, Assistant Treasurer, sent us this photo of his daughter, Lyla, listening to the Shell acquisition teleconference last week. Email your photos to Jessica Reagan at reaganj@natfuel.com.



"Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less" - Marie Curie

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From the desk
of Amy Shiley