

Keep Calm & Wash Your Hands

May 20, 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 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.

- For many of us, life has been uprooted by the coronavirus pandemic, leaving us stuck at home and often seeking comfort in food. Lack of routine and unlimited kitchen access coupled with added anxiety and stress is the perfect storm for mindless eating. Here are [some tips for smart snacking](#) while staying in place.
- For the past two months, actor John Krasinski has delivered "[Some Good News](#)," a YouTube broadcast highlighting uplifting news from around the world. We're not crying; you are.
- The [New York Times reported](#) Slyvia Goldsholl, a 108-year-old woman who lived through the Spanish Flu, just beat COVID-19. Her secret? She's spunky and feisty with a survivor's mentality, her relatives said.

Fast Facts

- Human Resources is partnering with Bond, Schoeneck & King to administer annual sexual harassment prevention training for supervisory employees. By now, you should have received an email from "Human Resources <cloud@UniversitySite.com>" with the subject "New York Sexual Harassment Training." (This email contains a unique link for each employee.) Please complete the training (approximately 45 minutes) by June 12, 2020.
- As New York state begins to reopen for business, authorities have issued revisions to some of the health protocols required by employers. For your own health, workplace safety, and the health of others, prior to entering a New York work location, you will be required to answer a few simple questions to determine whether it is appropriate for you to report to work that day. Your responses are confidential and shared only with Human Resources and/or your supervisor. Please pay close attention to the screening below, follow the directions, and do not come to work if you are sick.
- Visit surveymonkey.com/r/nfgcovid to register your responses each work day. Use the password "safety" to log in. You may also scan this QR code to the right with your smartphone and it will take you directly to the website listed above. For those without smartphone access, a hard copy alternative is available.



Faces of Fuel



Pictured: Prior to the shutdown, Paul Witman – Senior Engineer II – might have resembled Guy Fieri (his words, not ours). Now he's worried he's traveled back in time to his college years at the University at Buffalo – mullet and all!

Feel free to share your photos with us – whether you're doing a good deed, trying to balance working from home with your new coworkers (human or furry!), or simply rocking a new (unexpected) look. Please email them to Jessica Reagan in Corporate Communications at reaganj@natfuel.com.

"Doing the best at this moment puts you in the best place for the next moment." - Oprah