

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.

- When you work from home, the lines between work and leisure often start to blur. That's especially true in situations now, which, thanks to social distancing, has made it harder for many of us to feel like we're taking a break on weekends. But reclaiming some balance to your days and weeks isn't just good for your mental health, it's good for your productivity, too. Here are [some suggestions](#) on how to do that.
- The COVID-19 pandemic has taught us the value of recalibrating our expectations and retraining our minds. I hope you enjoy this [video featuring author Kelly Corrigan](#) and find it as helpful as I did.
- While I can't promise you won't hear us repeatedly use [some of these words](#) (so sorry!), I do solemnly swear to never use the phrase "speaking moistly."
- Whether you're a musical theatre junkie or you've hit the point where social media videos are groundbreaking entertainment, I present [Quarantine: The Musical](#).

Fast Facts

- Kudos to our New York workforce for quickly adapting to the [daily health screening protocols](#). By doing so, we are all playing an important role in keeping our workplace safe.
- Utility Field Operations has returned to 100% staffing levels in both New York and Pennsylvania while Supply's operations maintained nearly 100% staffing levels throughout this time. Thank you to these employees for their continued hard work and dedication.
- National Fuel is hiring! Please share our career opportunities with your networks. To view the full list, visit nationalfuel.com/careers.

Faces of Fuel



Pictured: Larry Schiavone, Auto Mechanic, MSW-2

Some of our Utility employees recently enjoyed a snack drop from BlueCross BlueShield of Western New York as a way of thanking them for their ongoing commitment to keeping the gas flowing safely and reliably for all of our customers. We hope Larry didn't eat this all at once and shared with his co-workers!

We want to highlight how our employees are brightening their communities. No act of kindness is too small! Please share your stories by emailing Jessica Reagan in Corporate Communications at reaganj@natfuel.com.

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From the desk
of Amy Shiley

"Some people look for a beautiful place. Others make a place beautiful."
– Hazrat Inayat Khan