



UTN
UNITED TISSUE NETWORK

Hooray for December!

Here at United Tissue Network we are getting ready for so many exciting things coming up in the New Year. After an interesting, and at times stressful, few months, we are ready to move ahead with a positive and forward thinking mindset. We know there are many people struggling throughout the world, and we hope that as we strive to carry on our mission that even the small steps we make to impact and help the members of our community will have a ripple effect and continue to touch more and more lives each day!

Stay healthy. Stay safe. We wish you a peaceful end to 2020.

**Thinking about what to get
a caregiver for the
Holidays?**

This article has some GREAT tips of easy and thoughtful gifts that any caregiver would appreciate. Find the link below!

[Read the Article](#)



Healthy Hot Chocolate

There's nothing better than curling up next to someone you love with a hot mug of cocoa... even better if you can have it with half the amount of calories!

This recipe is SUPER easy, dairy free, and has half the amount of sugar and calories as regular hot chocolate.

Ingredients

- 1 cup of light coconut milk
- 1 1/2 cups unsweetened almond milk
- 1/2 teaspoon vanilla extract
- 2 tablespoons pure maple syrup
- 2 tablespoons unsweetened cocoa powder
- 1 pinch of sea salt

Donor Tribute

"Kim was a kind, loving mom, wife, sister, aunt and daughter. She had the amazing ability to make you feel like old friends after only just meeting. She could and would stop and talk to anyone, anytime. She left us on St.Patrick's day

of 2016 after a long battle with Crohns disease and more recently heart problems. She was a light of life to everyone, especially her family and nieces and nephews. She was very proud of her son and the man he grew to be. Kim had always planned to donate her organs to help people and body to medical advancement, knowing she could help others who suffer with these diseases. I was honored to be able to see her wishes through. Kim will be missed terribly by her family and friends, but we take some solace in knowing her final act was to help others."

-From Jeff D.



Directions

1. Add all ingredients to a small pot and place over medium low heat. Whisk vigorously to combine and to get rid of any lumps of cocoa. (Do not let the mix boil). Should take about 3-5 minutes.
2. Once the hot chocolate is hot, remove from heat and pour into 2 mugs. Top with whipped cream, marshmallows, chocolate shavings or dust with cocoa powder.
3. Drink and enjoy!

Tell Us Your Story!



Visit our Donor Tribute Page to read the beautiful memorials left by our past and future donors as well as by the family members of those who have donated. We provide this service as a way to continually honor and remember all the loved ones who have made a difference in the lives of many through our donation program.

[Donor Tributes](#)

Help us spread the word about our mission!

The best way to help us spread the word about United Tissue Network is to leave a positive review about our services. Help us educate others about our services and spread the word!

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Check us out on Facebook and Twitter!