

February 2021




UTN


UNITED TISSUE NETWORK

Hello, February!







February is all about love, and there is so much to love and celebrate in the world! Here at United Tissue Network we are celebrating National Heart Month and we had so much fun dressing up in red on February 2nd to support the American Heart Association and its' mission. We are also encouraging each other to get our steps in each day and trying to eat healthier. Even little changes can make a big difference. For more information, visit [this link](#) to learn more and join the #OurHearts movement! <3

#NationalHeartMonth

FEBRUARY IS  **NATIONAL HEART MONTH**



TAKE CONTROL OF YOUR HEART HEALTH

-  Manage your blood pressure
-  Know your blood sugar
-  Eat clean and watch salt intake
-  Maintain a healthy weight
-  Stop Smoking
-  Talk to your doctor about your heart

Employees of UTN



Wearing Red in support of Heart Health Month



Easy Crafts for Valentine's Day

Whether it be for a loved one, a neighbor or a caretaker, you can try these easy DIY crafts this Valentine's Day for a special, personal touch, while also letting them know you are thinking about them <3

Donor Tribute

[Read the Article](#)

To: James Pierce

"Our dad received a lung transplant that for about 12yrs. gave him a new life. My mom called it his 2nd birthday. But the last 7yrs. bought him many medical challenges including: eye cancer twice, cardiac surgery twice, and kidney cancer. He was also on dialysis. My dad fought hard for the last few years of his life, he kept fighting after the discouraging diagnoses kept coming. I don't think he had as much fight after we lost my mom. We love and miss him everyday. We know that alive, he accepted many drugs and treatments still in the research phase, so we know he would have agreed to your study to continue to contribute to medicine in any way he could. Thank you."

-From Judy Motte



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



DELICIOUS (and easy!) Red Velvet Pancakes <3

These red velvet pancakes are super quick and easy and make a fun Valentine's Day treat for February 14th!

Ingredients

- 2 cups of pancake mix (any brand or flavor)
- 2 tbsp unsweetened cocoa powder
- 2 tbsp sugar
- 1 cup buttermilk
- 2 eggs
- 1 tbsp vanilla
- 1 tsp red food color (or more if a darker color is desired)

Directions

1. In a large bowl, combine pancake mix, cocoa powder, sugar, buttermilk, eggs
2. Whisk until well blended.
3. Add food coloring until your desired red color is achieved.
4. Pour 1/4 cup batter onto hot griddle.
5. Cook 2-3 minutes or until bubbles form on top and edges are dry.

services and spread the word!

Google

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6. Turn and cook on the other side until pancake is done.
 7. Enjoy with syrup, fruit, frosting or favorite topping!
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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](#)

“KEEP YOUR
FACE ALWAYS
TOWARD THE
sunshine – AND
shadows WILL
FALL BEHIND
YOU.”



Check us out on Facebook and Twitter!