



November

UTN NEWSLETTER

The month is in full swing, and we are now on the fast track to the Holiday season. Pretty soon we will be flying headfirst into Thanksgiving, then Christmas and New Year's will be here and over before we know it. November is all about showing gratitude and I challenge each of you to do just that as we go about our daily lives. Stay safe and stay healthy!

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Changing the World One Donor at a Time



Every day, whole-body donation is making a difference in physician training and education, advancing disease-based research as well as innovating pharmaceuticals and medical devices. *There is a significant shortage of human tissue which limits the innovation of medical advancements that*

impact people around the world and in the future. We encourage you to look into whole-body donation as an end-of-life option and to take a moment to reflect what it would mean to you to be a whole-body donor.

Why do you or someone you know want to be a whole-body donor?

Make a difference for future generations

Select

Support the advancement of medical technology and education

Select

A loved one has donated their body to science

Select

Plan to be cremated and find this a suitable option

Select

Wish to relieve my loved ones from financial stress

Select

Do not want a traditional burial

Select

Grief During the Holidays



For most, the holidays are a greatly anticipated time filled with various fun activities and traditions usually shared with close friends and family. However, for those who have lost a loved one, the holidays can be a reminder of their absence...it just isn't the same. Grief is experienced differently by

everyone and the holidays can be an especially difficult time for bereaved people as for several months, they face constant reminders that the holidays are here but their loved one is not.

Although the grieving process is different for everyone, there are some general guidelines on how to approach the holiday season that can be helpful for those who have experienced the loss of a loved one or those who are trying to comfort others.

[Read More](#)

Tell Us Your Story

Visit our Donor Tribute Page to read the beautiful memorials left by the families of those who have donated their loved one to UTN. 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. Click below to read to full tribute for UTN's Tribute of the Month: *Elizabeth "Libby" Westphal*.



[Tribute Page](#)

November Activities



Movember is an annual event involving the growth of moustaches during the month of November to raise awareness of men's health issues such as: prostate cancer, testicular cancer, and men's suicide.

[Click here to learn more](#)

Rich Hot Chocolate

- 2/3 cup heavy whipping cream
- 1 cup 2% milk
- 4 ounces dark chocolate
- 3 tablespoons sugar
- Vanilla rum, optional
- Sweetened heavy whipping cream, whipped



Click the link below for the full recipe and to see other fun variations of this classic treat.

[Recipes Here](#)

Volunteers of the Quarter

In case you missed our previous newsletter, our UTN Donor Services Department has been participating in the 'Art from the Heart' volunteer program with a local Arizona hospice with the goal of enriching their patient's lives with homemade cards! This month's theme: Fall Leaves and Happy Thanksgiving!



In addition to creating homemade cards, three members of our UTN Donor Services team have been visiting hospice patients every month since July of this year. With each visit, they provide a variety of services to meet each patient's needs, such as companionship. We are honored to announce that UTN has been named the **Volunteer of the Quarter by** Hospice of the

West after being recognized for coming together as a group in wanting to give back to our local hospice community.

Help Us Spread the Word About our Mission



Staying connected and sharing our posts with others is the best way to help spread the word about our mission and discover the ultimate gift of whole-body donation. You can also leave a review on our Facebook page and tag us in your posts. Help us educate others about our services and spread the word!



United Tissue Network | www.unitedtissuenetwork.org | donorinfo@unitedtissue.org

