



October is a month of friends, pumpkins, colorful leaves and togetherness. Warm drinks and family time will be a nice break from the chaos of our lives as we get ready for the Holiday season, just around the corner.

Emotional Health Awareness Month



With our hectic schedules, devices pinging us from every direction, and modern life becoming increasingly uncertain, it's more crucial than ever to maintain a sense of calm and balance. Emotional Wellness Month, observed all October, reminds us to disconnect and take a time out for our brain. Throughout the month, there are also days set aside specifically to focus on Mental Illness Awareness and Mental Health.

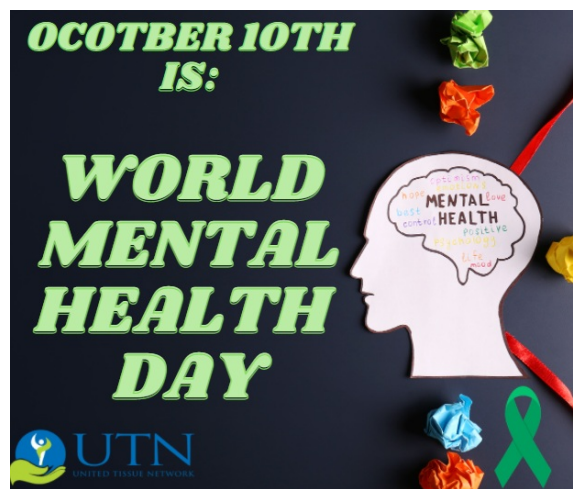
[Click Here to Learn More](#)



Mental Illness Awareness Week- October 3rd-9th

Each year, millions of Americans face the reality of living with a mental health condition. That is why each year, NAMI and participants across the country raise awareness of mental illness, fight discrimination, and provide support.

[Click Here to Learn More](#)



World Mental Health Day

World Mental Health Day exists to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

[Click Here to Learn More](#)

Giving Back.....with Homemade Art!

As part of our efforts to give back to the senior community, 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 art and homemade cards! Every month, there is a new theme of art and cards that is assigned, which are then mailed out for patients to enjoy. Take a look at this months 'Art from the Heart' cards our donor services team came up with! The theme: Happy Halloween!



"No small act of kindness, however small, is ever wasted" ~Aesop

Although it may feel at times it is only a small difference we are making in their lives, we remember that this small gesture means bringing a moment of joy, a smile, or even a



chuckle!

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.



"*Gene Thomas*, better known as Lamar, (or Honey Bunny to me) was born on September 11, 1935 in Orange, Texas and died in Florida March 22, 2021 at 3:37 PM. He received his college degree from Lamar University in Beaumont, Texas, so he teasingly told folks they named the university after him. Lamar enjoyed computers and radar systems. He was also an avid pilot who loved flying his Beechcraft Bonanza and helping folks out using Amateur Radio (W5-VEG) from the age of 16. Just prior to his retirement in 1993, he married me on his birthday of September 11, in a hot air balloon.



Shortly after, we built our home in Sarasota, Florida, traveled extensively, laughed often, and enjoyed life to the fullest.

His favorite morning greeting was, "***What are we doing for fun today?***" Being an altruistic and generous person his entire life, he donated his organs and body to science. Following his example, I will do the same and our ashes will then be commingled after death so we can spend a joyous eternity together."

~Marie Thomas

[Visit our Tribute](#)

October Activities



National Make a Difference Day - Fourth Saturday in October

National Make A Difference Day brings community service to a whole new level each year. Organizations join forces to make a difference, big and small.

[Click Here to Learn More](#)

Recipes of the Month



Chocolate Cupcakes

This moist chocolate cupcake recipe is made from scratch with a chocolate ganache center and dreamy chocolate frosting. Chocolate lovers! This one is for you!

[Click Here for the Full Recipe](#)



55 Creative Pumpkin Carving Ideas You'll Want to Try This Halloween

Not sure what to carve into your pumpkin this year? Take a look at these fun and unique carving ideas!

[See all of the Fun Designs Here!](#)



Chicken Pot Pie

One of the most popular meals of all time, this Classic Chicken Pot Pie has a flaky, buttery crust, a creamy sauce, and a hearty mix of chicken and vegetables. Plus, it's super easy to prep, making it a great recipe for beginner cooks and busy families.

[Click Here for the Full Recipe](#)

DID YOU KNOW?

The **Facts**



There are no hidden costs for whole-body donation with UTN.

UTN covers the cost of removal, transportation, cremation, and two death certificates. Once approved and in our care, UTN will not turn away a donor or their family.



Help us Educate Others 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 and by sharing our information. Help us educate others about our services and spread the word!



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