



# Facebook LIVE & ZOOM Event Schedule

## January 2021

DATE	TIME	MEDIA	TOPIC	HOSTS & GUESTS
Mon, Jan 4	5:00pm CT	FB LIVE	Crafting with Homemade Air Dry Clay with Kelly Schneider  CRAFT ALONG instructions will be given if you'd like to craft along!	HOST: Kelly Schneider, USA Staff
Wed, Jan 6	4:00pm CT	FB LIVE	Kid's Perspective on First Semester in School During Covid	HOST: Marylee Nunley, USA Founder & Director Grandkids
Fri, Jan 8	9:30am CT	FB LIVE	Setting Attainable New Year's Resolutions	HOST: Marylee Nunley, USA Founder & Director
Mon, Jan 11	5:00pm CT	FB LIVE	Making a Healthy Snack on a Sheet Pan	HOST: Marylee Nunley, USA Founder & Director
Wed, Jan 13	4:00pm CT	FB LIVE	Let's Talk About Gratitude	HOST: Marylee Nunley, USA Founder & Director
Fri, Jan 15	9:30am CT	FB LIVE	Indoor Gardening with Succulents	HOST: Marylee Nunley, USA Founder & Director *SPECIAL GUEST: Genny Gibbs, Horticulturist
Mon, Jan 18	5:00pm CT	FB LIVE	Marylee Interviews Jan Jahnel About the Different Roles Following Stroke Recovery: PT, OT, & Speech Therapy	HOST: Marylee Nunley, USA Founder & Director *SPECIAL GUEST: Jan Jahnel, RN, CNRN, Stroke Coordinator at OSF St. Francis Medical Center in Peoria, IL
Tue, Jan 19	1:00pm CT	ZOOM	A Caregiver Round Table	HOSTS: Marylee Nunley, USA Founder & Director and Caregiver for spouse, Georgia Morris, Former Caregiver for spouse, Don Fuller, Caregiver for spouse, Lindsay Gleason Caregiver for Son
Wed, Jan 20	4:00pm CT	FB LIVE	Making Bird Feeders  CRAFT ALONG instructions will be given if you'd like to craft along!	HOST: Marylee Nunley, USA Founder & Director Grandkids
Fri, Jan 22	9:30am CT	FB LIVE	Pet Care in the Winter	HOST: Marylee Nunley, USA Founder & Director *SPECIAL GUEST: Jennifer Ulm, DVM at Ulm Veterinary Clinic
Mon, Jan 25	5:00pm CT	FB LIVE	Seasonal Affective Disorder	HOST: Kelly Schneider, USA Staff *SPECIAL GUEST: Katie Neidetcher, MA, LCPC, Owner of Full Circle Counseling and Wellness
Wed, Jan 27	4:00pm CT	FB LIVE	Ways to Exercise Your Brain	HOST: Marylee Nunley, USA Founder & Director
Fri, Jan 29	9:30am CT	FB LIVE	Marylee Hosts a Covid Era Super Bowl Party	HOST: Marylee Nunley, USA Founder & Director

Join our Facebook Group, United Stroke Alliance Community!  
Be sure to also "LIKE" United Stroke Alliance! Invite all of your family and friends!

