



Cane and Able Stroke Recovery Group

Cheers to 44 Years!

May 12, 2026

Cane and Able Stroke Recovery Group then ...



... Cane and Able Stroke Recovery Group now



Cane and Able Stroke Recovery Group

Our members include those that have had strokes and are in the process of recovery, as well as their family, friends and caregivers.

For over 44 years, our focus has remained the same ...

- ▶ Provide support and encouragement
- ▶ Provide education about stroke and stroke recovery
- ▶ Provide education about community related issues
- ▶ Provide a source of recreation and socialization for community re-entry

Cane and Able Stroke Recovery Group

- ▶ Developed in 1981 by and Robert Dale, MSW, ACSW and Joyce Fluegge, OTR/L, with support from the Social Work and Occupational and Physical Therapy Departments at Troy Beaumont Hospital. Soon after, in-house Speech Pathology was added and Polly McIlrath, MA, CCC-SLP, joined the initial group facilitator team by the first meeting in 1982.
- ▶ There were other coordinators throughout the years, yet Polly and Joyce were constant for 40 years.
- ▶ Until Covid hit, we met for about 37 years in person 2nd and 4th Tuesdays of each month with a few exceptions for special events and field trips.
- ▶ During Covid, we met by Zoom weekly for about 2 ½ years. Those that couldn't Zoom were kept in touch by phone and included in special events modified by Covid standards.
- ▶ Our meetings vary from Zoom to in person meetings and events, and we encourage all to attend!

Cane and Able is...

- ▶ One of the oldest, largest member and continuously running stroke clubs in the state of Michigan and the United States
- ▶ Registered with American Heart Association and American Stroke Association

Cane and Able Stroke Group

- ❖ We are a nonprofit 501(c)3 support organization, financially accountable to the Corewell Health Beaumont Foundation, affiliated with our Cane and Able Fund.
- ❖ We meet on the Corewell Health Beaumont Hospital, Troy
- ❖ We Zoom when feasible for regular in person programs

Cane and Able programs in the past included ...

- ▶ **Emergency Medicine and Stroke, William Anderson, MD**
- ▶ **Orthopedic issues, Matt Kopera, MD**
- ▶ **Low Vision, Charles Columbo,**
- ▶ **Holiday at Home**
- ▶ **Diabetes Education, Kathy Evans, NP**
- ▶ **Communication Strategies with Kathy Rigely, MA CCC-SLP, Arlena Henry, MA CCC-SLP**
- ▶ **Technology Assisted Aphasia Strategies, Teri Szmansky, MA CCC-SLP**
- ▶ **Tai Chi, Palma Baker, MA CCC-SLP**
- ▶ **Impact of Posture and Positioning Post Stroke, Osa Jackson, PhD, PT**
- ▶ **Hearing and Aging Issues, Crittenton Audiologists**
- ▶ **The Truth about Incontinence, Andrea Sanfield, PT**
- ▶ **New Family Medicine Resident Sharing with Stroke Patients**
- ▶ **Positive Mental Attitude after Illness, Rik Cryderman, Pastoral Care**
- ▶ **Low Vision Strategies Post Stroke, Pam Poteete, OTR**
- ▶ **Therapeutic Use of Hyperbaric Oxygen, Greg Harris**
- ▶ **Wii Applications for Therapy, Ron Engeles, PT and Lisa Grice, Stroke Recoveree**
- ▶ **Paws with a Cause Presentation**
- ▶ **Detroit Tiger Baseball Game Field Trip**
- ▶ **Full and Split Group Sharing Meetings**
- ▶ **Field Trips: Picnic in the Park, Bocce Ball, Chrysler Museum, Cranbrook Institute for Science**

2022 Programs & Events

- January 10 Anthony Nimmoor, DPT "Hot Topics in Physical Therapy" & All Member Sharing
- January 24 Rochelle J. Kelley, CPA "Tax Tips for 2022"
- February 14 Carlene VanVoorhies, DIA Docent "Behind the Scenes: Diego Rivera" Detroit Institute of Arts
- February 28 Amy Holcomb, RN, CEN "Emergency Room & Stroke Triage"
- March 14 Michele Ruatto, Au.D., CCC "Ask the Audiologist; Hearing Impairment, Aids, and More"
- March 28 Charles Colombo, MD, "Stroke and the Eyes"
- April 11 Split Group Sharing with Caregivers – In Person at the Troy Public Library
- April 25 41st Anniversary Dinner - Italian American Cultural Center – Woohoo!
- May 9 Split Group Sharing with Stoke Survivors – In Person at the Troy Public Library
- May 23 Sara Chung, RN, Program Coordinator "Sepsis Management"
- June 13 Teri Szmansky, SLP MA CCC "Speech Pathology Stroke Care"
- June 27 Fundraiser Dinner at Buddy's Pizza!
- July 11 Carlene VanVoorhies, DIA Docent "Behind the Scenes: Dutch Golden Age" Detroit Institute of Arts
- July 25 Bill Large, Ret. GM Engineer "Get Together at Bill's Place: Food, Fellowship, and Cars!"
- August 8 Brandon Trivax, DO, Physiatrist "Managing Spasticity with Stroke"
- August 22 Potluck in Raintree Park in Troy & Pringle's Beautiful Dog, Cheyenne & Other Therapy Dogs
- Sept. 12 Rachel Burkhard, MA, OTR/L, Victoria Andrews, MA OTR/L, "Passive Sensory Re-Education in Stroke Rehabilitation"
- Sept. 26 Gene Richards, Elder Law Attorney "Things Forgotten: Legal Q & A for 2023"
- October 10 Bocce Ball
- October 24 John Tower, DO, Rheumatologist "Issues in Rheumatology"
- Nov. 14 Peter Washabaugh, PhD, "Low Cost Robots & Stroke Rehab" & Cane and Able Planning for 2024
- Nov. 28 All Group Member Sharing
- Dec. 12 Holiday Party

and 2023 Programs & Events

- January 9 Rochelle Kelley, CPA, “Taxes 2023 Tips and 2024 Guidelines/Options”
- January 23 Bob Richardson, MS, BIE, Founder, R3 Web Solutions, “Internet Safety & Security”
- February 13 Split Group [2:30 – 4:00 PM]
- February 27 Norman “Gene” Richards, Elder Law Attorney, “Legal Issues: Hot Topics, Q & A”
- March 12 Yung Chung, Home Inspector and Realtor, Jim Shaffer & Assoc. “Home Values & Safety Tips”
- March 26 Alicia Troyer, RDN, Nutritionist and Dietician, Corewell Beaumont Hospital, Troy, “Nutrition Therapy ”
- April 9 Cane and Able 42nd Anniversary Dinner – Italian American Cultural Society Center
- April 23 Malkia Newman, Andrew Parish, Cheryl LeFleur, CNS “Anti-Stigma and Mental Health Support”
- May 14 Detroit Institute of Arts Motor Coach Trip & Tour
- May 28 Sara Chung, MSN, APRN, Stroke/Sepsis Program Manager, Corewell Beaumont Hospital, Troy, “Quality Indicators”
- June 11 Sandy and Dave Pringle and their Dogs and Colleagues, “Go Team Therapy Dogs”
- June 25 Dr. Andrea Rossi, Neurologist, Corewell Troy Beaumont Hospital, 2 to 3 PM via Zoom
- July 9 Cane and Able Fundraiser, Buddy’s Pizza, Shelby Township, 11 AM – 9 PM
- July 23 Anita Surma, PT, Detroit Medical Center, “Adaptive Tai Chi”
- August 13 Potluck in the Park, Raintree Park, under the pavilion, Troy
- August 27 Dr. Brandon Trivax, Physiatrist, Corewell Troy & Royal Oak Beaumont Hospital
- September 10 Arlena Henry, MA - CCC, SLP, Speech Pathologist, “Strategies for Communication post Stroke”
- September 24 Becky Reibel, PTA, Rehabilitation Institute of Michigan, “Adaptive Yoga”
- October 8 Kevin Sutton, Shift Commander/Medic ret, Royal Oak Fire Department, “Emergency and EMS Tips
- October 22 Bocce Ball @ Palazzo di Bocce, Lake Orion
- November 12 Sandra Hartnagle, PharmD, Pharmacist, Corewell Troy Beaumont Hospital, “New Vaccination Guidelines”
- November 26 Planning for 2025
- December 10 Cane and Able Holiday Luncheon – Italian American Cultural Society Center

and 2024 Programs & Events

January 14 Rochelle Kelly, CPA, Accountant, "Taxes: Tips for 2024 Returns, What's New for 2025, Identity Theft"

January 28 Charles Shamoun, RN, CNRN, Neurosurgical ICU Nurse, HFH, "Healthy Relationships after Stroke"

February 11 Megan Walter, DPT, Therapy Development Specialist, "Vivistim: Neurotechnology and Stroke Rehab"

February 25 Gene Richards, Elder Law Attorney, CMDA Law, "Things Forgotten, Legal Issues Q & A"

March 11 Sandy Pringle, Cheyenne, Caty Gittner, "GO TEAM Therapy Dogs"

March 25 "Cane and Able Fundraiser," Buddy's Pizza, Shelby Township, 11 AM – 9 PM

April 8 Becky Reibel, PTA, C-YT, "Adaptive Yoga," RIM Foundation

April 22 "Cane and Able Group Sharing," Voluntary group sharing

May 13 "Cane and Able 43 rd Anniversary Dinner," Italian American Cultural Center

May 27 Bob Richardson, R3 Web Solutions, "Safety On and Off Line"

June 10 "Bocce Ball!" Palazzo di Bocce, Lake Orion [lunch at noon; bocce 1:30 to 3:00 PM]

June 24 Charles Shamoun, RN, CNRN, Neurosurgical ICU Nurse, HFH, "Caregiving and Stroke"

July 8 Tom McGannon, Community Enhancement, Corewell Health Foundation, "Foundation Goals and Programs"

and 2024 Programs & Events

- July 8 Tom McGannon, Community Enhancement, Corewell Health Foundation, "Foundation Goals & Programs"
- July 22 Malkia Newman and the CNS Anti Stigma Team, "Mental Health Aspects in a Healing Journey"
- August 12 Dr. Brandon Trivax, Psychiatrist, "Managing Spasticity: Research Updates and Management Strategies"
- August 26 Potluck in the Park – [Paul to schedule after March]
- September 9 Arlena Henry, MA CCC-SLP, Speech Pathologist
- September 23 Anita Surma, PT, Adaptive Tai Chi, RIM Foundation
- October 14 David Brown, OTR, Corewell Health Driver Rehabilitation Program
- October 28 Dr. Andrea Rossi, MD, Neurologist, Corewell Health Beaumont Troy
- November 11 "Cane and Able Split Group Sharing,"
- November 25 Dr. John Tower, MD, Rheumatologist, Corewell Health Beaumont Troy
- December 9 "Cane and Able Holiday Party," Italian American Cultural Center

Our Website: caneandable.org



WHO WE ARE

Cane and Able Stroke Recovery Group

The Cane and Able Stroke Recovery Group is one of the oldest and largest stroke recovery groups in the State of Michigan, and is registered with the American Stroke Association.

★ **Celebrating our 44th Anniversary**

[New members welcome](#)

[Family & caregivers too](#)

[In-person + Zoom \(weather\)](#)

Our Mission

- Provide support and encouragement
- Provide education about stroke and stroke recovery
- Provide education about community-related issues
- Provide recreation post-stroke
- Provide opportunities for social connection and re-entry

Content is provided for informational purposes only and is not medical advice or a substitute for guidance from a physician.

Our Website: caneandable.org

- All Cane & Able updates here!
- Program videos
- Stroke resources
- Photos from past programs and events

The screenshot displays two main sections of the website. The 'News and Updates' section features a 'Next Meeting' announcement for May 12, 2026, at 17-21, an Anniversary Dinner at the Italian American Cultural Center in Macomb, Michigan. It includes a 'See Meeting / Event Details' button and a note that the website was updated on 3/5/2026. The 'Meetings' section details the schedule as 'Second & Fourth Tuesdays (normally)' from 2:00 - 4:00 pm, with a 'Bad Weather Policy' section explaining that meetings will be canceled if schools close and will be held via Zoom instead. A 'See Meeting / Event Details' button is also present.

News and Updates

Next Meeting

May 12, 2026
Time: 17 – 21
Anniversary Dinner
Location:
Italian American Cultural Center
Macomb
In-person
[See Meeting / Event Details](#)

UPDATED 3/5/2026
New Website Arrived!

- Our new website is new, from the ground up. We hope it will be easier to use by both new and existing members.

Meetings

Second & Fourth Tuesdays (normally)

2:00 - 4:00 pm
Arrive a few minutes early if you can.

Classrooms A & B
Corewell Health Medical Park - Sterling Heights
Outpatient Services Center and Family Medicine Building

44250 Dequindre Rd, Sterling Heights, MI 48314 (Get directions)
(across from Corewell East Beaumont Hospital Troy)

[See Meeting / Event Details](#)

Bad Weather Policy

If Troy Schools close due to bad weather, our in-person meeting will also be canceled. We will make every effort to hold the meeting via Zoom instead.

Cane and Able Stroke Recovery Group is a welcoming community for stroke survivors, caregivers, and families.

Contact	Meetings	Support & Education	Notes
Phone: (248) 964-4222	Upcoming Meetings	Stroke Recovery Resources	We welcome survivors, caregivers, and family members.
Meeting details are listed above.	How to Attend	Videos & Articles	New members can attend anytime.
Sterling Heights/Troy, Michigan	Zoom Meetings (Weather)	Caregiver Support	
		External Support Groups	

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We celebrate current members
and appreciate those that offer
support to our group ...



Acknowledgements

Cane and Able Stroke Recovery Group



Forget Them Not...

- ★ **1985** George Oskoian, George Clements, Arthur Pasiak
- ★ **1986** Elizabeth Woodruff
- ★ **1987** George Barker, George Dolan
- ★ **1988** Jim Peterson
- ★ **1989** Joe Lapinski, Howard Johns, Stephanie Krowley, Bob Jones,
John Firu
- ★ **1990** Leonard Esper, Wayne Cargill, Leonard Rzepecki, Marvin Priehs,
Dean Murdock
- ★ **1991** Betty Szarama
- ★ **1992** Bill Smith, Fred Frabotta, Dorothy Beckman
- ★ **1993** Alex DeLoye, Mike Mekjian, Frank Graf, Jeanne Gachewicz
- ★ **1994** Pat Moore, Mary Pocklington, Ettie Barkholz, Dorothy Rosenberg
- ★ **1995** Michael Pons, John Pearson, Joseph Stanley
- ★ **1996** John Zitney, Louis Marzec, Paul Dukatz
- ★ **1997** George O'Neil, Gene Miller, Theodore Serafin
- ★ **1998** Pat Butkiewicz, Ray Papworth, Harold Revoldt

Forget Them Not...

- ★ **1999** Lou Ermert, Mary Greb, Omer Entler, Tom McMahon, Antonia Simonte, Rita Jozefaciuk, Heinz Lehmann
- ★ **2000** Cliff Harrow
- ★ **2001** Joseph Gould, Janet Fitzpatrick, Frank Dubrovich, George Wirth, Norbert Price, Muriel Entler, Grace Cargill
- ★ **2002** Penny Zitney, Karl Kalsow
- ★ **2003** Betty Carpenter, Eugene Gachewicz
- ★ **2004** Bill Shinsky, Frank Jozefaciuk, Edward Kempa, Ilene Andrews, Janet Deloye
- ★ **2005** Betty Fluegge, Edward Fluegge, Nancy Mannaioni, Phil Kinney, Vern Sorge, Venerando Licata
- ★ **2006** Eleanor Vrobel, Ray Dolata, Everett Livingston, Linda Mendola, Ray Gauss, Steve Vrobel, George Molnar
- ★ **2007** Josie Butkiewicz, Ivan Renshaw
- ★ **2008** Ann Zuckman, George Suarez, Chuck Wheeler, Jenny Seto, R. Eugene Hemmerly, Marie Woznick
- ★ **2009** Eunice Gauss, Rose Reling, Marge Nabor, Marty Sullivan, Phyllis Wheeler, Bill Fultz, Nancy Graf

Forget Them Not...

- ★ **2010** Bob Allison, Armando DeCapite, Thelma Schmidt, Paul Sage, Jeanette Esper, Dominic Trupiano
- ★ **2011** Marty Wright, Katie Carmichael, Toni Licata, Delores Trupiano
- ★ **2012** Sharlene Renshaw, Bill Mannaioni, Bill Sullivan
- ★ **2013** Bill Murphy, Al Greb, Mary Dolan, Dagmar Smith, Jean Rzepecki, Faith Livingston
- ★ **2014** Jan Stanton Peterson, Casey Bialowas, Jim Douras, Patricia Stuart
- ★ **2015** Loan Jeakle, Steve Lytle
- ★ **2016** Gwen Doolan, Russell Cook
- ★ **2017** Mary Large, Cathy Sullivan, Doreen Putnam, Don Lloyd, Mary Simcak, William McIlrath, Larry Meirow
- ★ **2018** Steve Bozied
- ★ **2019** Nadia Ponichter, Betty Negrich, Bernie Dubrovich, Bob Axt
- ★ **2020** Fred Campbell, Dottie Harvey, Ed Reling
- ★ **2021** Glenn Samuel, Tim Martin, Bill Luther, Brigitte Lehmann, Frank Guarino, Pat Wittenbach
- ★ **2022** Joyce Ariss
- ★ **2023** Bill Sullivan, Nancy Domin, Simon Lynch, Rick Ferguson
- ★ **2024** Doug Harvey, Gary Fromm, Bill Large

Cane and Able Stroke Recovery Group will continue to achieve the goals set 44 years ago, supporting all on their post stroke journey.

We are here for stroke survivors and caregivers!

Together, we look forward to the future with hope!



photo credit:
Jeremy Church