



I've had Parkinson's disease for 20 years now and much of that time I felt self-conscious of my physical impairment and what others would think of me in my less-than-perfect state. Then four years ago we moved from the cloudy, gray, wet Northwest to the sunshine and warmth of Arizona and I began to look for new groups to join. I heard of the Tremble Clefs and attended my first meeting of the West Side group the following week. *"Just one look, that's all it took"* and I was sold.

My voice had been getting softer and singing strengthens my speaking voice as well as my singing voice. I can say that I have confidence that my vocal production is being elevated to new levels and I'm going to sing my first solo next month.

The greatest thing about Tremble Clefs is the camaraderie and support we give each other. And **WE HAVE FUN!**

by Trish Frankland



photos, top down:
Merri Zohar & Linus Jung, Scottsdale, Sept. 2023; Singers in concert - combined choirs, Fountain Hills, June 2023



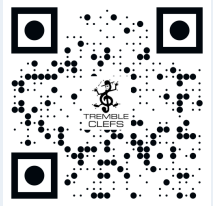
Tremble Clefs has helped me physically and mentally. My talking and singing voice weakens when I am unable to attend Tremble Clefs. I am a snowbird and only get to attend about 5 to 6 months out of the year. I can tell the difference in my voice, facial expressions and over all mental attitude when I am not able to attend Tremble Clefs.

by Don K.

Meet the members of the Board of Tremble Clefs Arizona

Composed of six volunteers plus the Music Director, an ex-officio member, the Board of Tremble Clefs AZ is a working board. This means the group of directors actively participate in the organization's activities. With the exception of the Music Director, currently all board members either have Parkinson's themselves or are related to someone who has or had PD.

Previous Board Directors include: Dave Briscoe, Dan Jilka and Kevin Riley. Each person brings unique life experiences and talents to our group and each is committed to our mission of providing music therapy to people with Parkinson's disease. There is information about board members, music directors and accompanists on our website.



link to our website

Our Directors were asked:

- What year did you become involved with TC?
- What are 3 leisure activities you enjoy - fun things that help you relax?

John Sylvester, Vice President, 2008; is happy reading; playing horseshoes; spending time with family

Donna Rosenheck, Secretary, 2009; top leisure activities are reading; walking; going to the movies



Don Dotts, President, 1998; benefits from time with family in a cabin in the mountains in the town of Pine Top; singing in 4 choirs

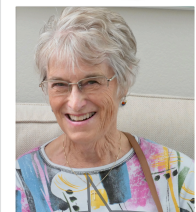
Sun Joo Lee, Music Director (John Volz, a member of Mesa TC at her side), 2008; finds relaxation in praying; drinking wine; traveling



Ray Erlandsen, Treasurer, 2019; into woodworking; traveling; reading



Jim Histand, 2014; likes reading; spending time with family; hiking



Libby D'Adamo, 2019; enjoys playing bridge; reading; traveling



“Tremble Clefs Inspires” by Sun Joo Lee, Music Director

Tremble Clefs (TC) is a therapeutic singing group for individuals with Parkinson’s disease (PD), caregivers, and their family members. Established in 1994 in Scottsdale, Arizona, TC is recognized as the first therapeutic singing group for individuals with PD, caregivers, and family members in the U.S. Originally initiated by members of a local PD support group, which included individuals with PD and their caregivers, TC was born out of the discovery that many participants with PD could still sing despite facing challenges related to voice and speech. The voice and speech-related symptoms, such as reduced volume of speech, slurred speech, voice weakness, monotone quality, voice tremors, and swallowing problems, are recognized as some of the most challenging aspects of living with PD. This realization became a profound experience, leading them to see singing as a tool for communication, specifically in improving their speaking voice. In addition to its therapeutic benefits for speech, participants in TC enjoyed the camaraderie of singing with others who shared similar life experiences with PD and shared mutual support. Tremble Clefs Arizona (TCAZ) provides music therapy programs in four locations in Arizona and a Zoom session offering the benefit of enhancing the quality of life for individuals with PD and their caregivers.

Last year, I began researching the history of Tremble Clefs. Tackling a historical research paper was a meaningful experience, as it helped to underscore the significance of TC’s history and the value of therapeutic singing for individuals with PD. **Particularly, I was amazed to learn TC was started by a Scottsdale PD support group. After the business part of each meeting, they sang around a piano, played by a member with Parkinson’s, Sue Cardew. They invited Karen Hesley, a speech pathologist who had just begun implementing the LSVT program (Lee Silverman Voice Treatment), to speak to their support group. At this meeting Karen Hesley and members of the group discussed starting a singing group for people with PD.**

Karen’s expertise was combined with Ted Brook’s focused commitment and enthusiasm for a PD singing group, their pianist Sue Cardew and a talented newcomer Bill Wheelock. Bill had PD and joined the newly formed PD singing group. With his musical background, he was an obvious choice for conductor. “The Tremble Clefs, 1994-2014”, written by Donna Rosenheck, currently secretary of the Board of Tremble Clefs Arizona, presents a variety of resources, including first-person narratives, photos, concert programs, drawings, letters, and personal notes that show the historical significance of TC and address the future direction of the group.

TC was my first job as a music therapist; that was in 2008. Upon the completion of my master’s in music therapy from Arizona State University, I was approached by the Muhammad Ali Parkinson Center to direct Tremble Clefs in

Sun City. Our first meeting was held on March 5, 2008, with five people in attendance. In November of the same year, I took over as the director of the Scottsdale Tremble Clefs, succeeding Kelly Walker, who retired from the position. It was a year of a significant transition, leading to a new career adventure, especially with new people. Sometimes I would joke, “I did not know what I was signing up for. If I knew, you never would have seen me directing for Tremble Clefs.” As a novice music therapist, I had a lot to learn to work with these groups, including understanding the symptoms of PD and learning songs from the 1920s to the 1980s, which I had never heard before. However, it did not take too long for me to become familiar with them, as the group generously shared their resources and wisdom with me, especially their patience.

Through TC, I have had the privilege of meeting many important and wonderful people who have profoundly influenced my life. It has been like magic to be surrounded by a big circle of friends who provide endless support and love, helping me become a better person and music therapist. **Especially, I am grateful for the volunteers who work timelessly behind the scenes to ensure the group’s weekly sessions run smoothly. As a non-profit organization, TC relies heavily on the dedication of its volunteers, each playing a critical role in the organization’s operation.**

However, due to the COVID-19 pandemic, we have lost a significant number of members, leading to challenges to find replacements to maintain leadership positions on the board. **Volunteers are like the lifeblood of TCAZ.** I want to extend my invitation to anyone considering joining us in making our organization valuable and substantial to individuals with PD and their care partners. Importantly, I would like to express my sincere gratitude to all volunteers and board members for your dedication and support for TC.

Tremble Clefs has been an inspiration that has impacted my life personally, professionally, and academically. This group has taught me one of the most valuable life lessons through the people I have met and the songs we have shared: never give up. We all know living with PD is challenging. However, I invite us to keep our spirits high and sing until a cure for PD is found. While no one chooses to have Parkinson’s disease, we do choose to make our life valuable and meaningful with our singing family, Tremble Clefs.

Thank you once again for having me as the leader of this wonderful organization for the past 16 years. Let’s celebrate 30 years of singing in Tremble Clefs! Keep singing and smiling.

Sun Joo Lee, Ph.D. candidate, MM, MT-BC