



# Tremble Clefs Arizona

TCAZ concert at the PD Care Connection event, March 2025



**Music Therapy for People with Parkinson's disease**



Tremble Clefs has been a godsend for me. First diagnosed about 12 years ago, I was not sure what all these quirks were about. The loss of balance, dragging of feet, softening of voice, loss of my smile were some of my first symptoms. Finding Sun Joo and Tremble Clefs was the start of my therapy to help me cope. I can now vocalize in a louder voice, and sing loudly, even doing solos, plus my smile has improved! Thank you, Tremble Clefs!

**by Rocky J.**

## November 15th: a Concert Celebrating the 30th Anniversary of Tremble Clefs!



Tremble Clefs began in 1994 with a serendipitous meeting between Karen Hesley, a speech pathologist at Scottsdale Memorial Hospital who had just begun to provide Lee Silverman Voice Treatment, and people in a small PD support group whose members had been singing around the piano after the business part of their meetings finished. This November Tremble Clefs Arizona will present an all-four-groups concert celebrating 30 years of providing music therapy to people with PD.

Join us on Saturday afternoon, Nov. 15, 2025 for our 30th Anniversary Concert at the Ina Levine Jewish Community Center located at 12701 Scottsdale Road, Scottsdale, AZ 85254.

## West Side Tremble Clefs

**It has been an exciting year for the West Side Tremble Clefs.** The group has grown with several new couples and individuals who bring new perspectives and interests to the group. Our concerts have been well-attended. There was a full and enthusiastic house at the Sun Village Community Center performance on February 18th; that concert was sponsored by the Community Church at Sun Village.

**We have excellent leadership and in Jan Schaafsma, a great pianist.**

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## In Memoriam

Jim Hughes  
Joe McCoy  
Isabel Villanueva  
Suszie Nichols  
Hemlata Desai  
Robert Guthrie  
Jennie Scarfo

Ernie Finer  
Trish Franklin  
Daniel Olson  
Wally Admunson  
John Volz  
Gerald Bierstedt



## West Side Tremble Clefs

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This therapeutic singing helps our voices, helps with swallowing and encourages deep breathing. Exercises using “coffee straws” - narrow straws - helps us so much it is unbelievable. It helps us to “swallow better” and “opens up our voices.”

**Beyond the key voice therapy, we get down and have FUN!** One of our recent musical challenges was Abba’s “Dancing Queen.” It was hard to get it all together, many high notes. Plus, it has a syncopated rhythm. We’ve been singing “You’ve Got a Friend.” Everyone, including our audiences, has enjoyed “Super-cali-fragil-istic-expi-ali-docius” from *Mary Poppins*. Another upbeat favorite has been “Do-Re-Mi” from *The Sound of Music*. For many of us these songs bring back happy memories from our younger days.

**People who actively volunteer are godsenders who enable us to continue and to grow.** We appreciate new members Jon Cluff and Scott Schneider who have volunteered to take care of setup and breakdown for our weekly sessions. Susan Cluff is our new Cashier, a “job” which includes collecting monies and preparing information for the bookkeeper. Diane Smedshammer is the back-up Cashier.

**We thank Ray Erlandsen for all the volunteer work he has done as Treasurer for the West Side and as our Tremble Clefs Arizona (TCAZ) Board Treasurer.** January 1, 2022, Ray took on the role of Treasurer for the Board from Kevin Riley. Like Kevin, Ray has put in umpteen hours week after week and done an excellent job. Ray is resigning as of May 31st to spend more time with his wife, Judi. Those named are a few of many helpers; whether just beginning or someone who has helped out for years, all our volunteers are much appreciated.

- Bonnie Eichstedt, Kathy Ames, Jim Histan

**More about Tremble Clefs AZ, details on where groups meet, members of the Board and Music Directors & Accompanists, are on our website: [TrembleClefsArizona.org](http://TrembleClefsArizona.org)**



PD Care Connection, TCAZ concert, Scottsdale March 14, 2025, Director Merri Zohar, Accompanist Linus Jung; *L to R, front row:* Liz Deardorff, Lori Dahl; *2nd row:* Mike Doughty, Peter Baker; *back row:* Robyn Perlow, Mike Wilson

## Original Tremble Clefs

**The Original Tremble Clefs is doing extremely well.** We have had several new members join recently. While Sun Joo Lee is missed as she completes her doctorate degree at University of Iowa, we enjoy seeing her when she visits. I want to say how much our group benefits from and enjoys the enthusiastic leadership of Merri Zohar. She does a great job.

We look forward to celebrating the thirtieth anniversary of our founding as the original Tremble Clefs at the big concert planned for November 15th.

**Many people have stepped up to volunteer since Tremble Clefs began in 1994. Today we’d like to give special recognition to Kevin Riley who joined the Scottsdale group in January 2009.** Kevin’s father and mother were active members of the Original Tremble Clefs. His father had Parkinson’s disease and after his death, Kevin joined to help his mother, Lois, who continued in the group and to honor his father’s memory.

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