

Tremble Clefs Arizona



2023 West Side Fundraising Concert, Sun City, AZ

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.

Karen wrote: **“When I met the support group in 1994, we happened to talk about initiating a singing group for Parkinson’s people. A gentleman named Ned Brooks, with his robust baritone voice, started singing, “Let Me Call You Sweetheart” with at least 6-8 others joining in. And that was it! A few weeks later we held our first ‘rehearsal.’”**

Karen Hesley and Sun Joo Lee wrote articles for this celebration newsletter. Karen has been involved with Tremble Clefs for thirty years, Sun Joo for sixteen. Talented, compassionate women, their work has done so much to help people fighting Parkinson’s disease.

 How does singing with Tremble Clefs help you? What does it offer people with Parkinson’s disease?

Along with helping keep my voice strong, it keeps me in touch with other people experiencing what I am. I’ve met such wonderful people and formed friendships that will endure.

by Joan N.

Social engagement, vocal exercise, breathing exercise and emotional expression through music and singing.

by Robyn P.

I enjoy spending time with people who fight the same struggles as I do. If it increases my volume, that’s extra.

by Dave S.

Singing with Tremble Clefs provides me with companionship. I have confidence in speaking loud enough to be heard.

by Jerry D.

In Memoriam

Joe Baxter
Bill Perkins
John Prelock
Rita Baker

Jerry Eichstedt
Lowell Schwalbe
Joy Vincent



 Singing has helped tremendously with my speech. But more than that, the singing provides friends and family. A wonderful state of the art way to improve our speech.

by a member with PD who has been attending for 12 years

Tremble Clefs offers group interactions with others. Proper singing techniques. Gets me out of the house!

by Ruth P.

Our website: TrembleClefsArizona.org

Our website contains up-to-date information about meeting locations and times! Also it has upcoming events, videos, photographs and narratives written by members, plus website links helpful to people fighting PD.

TCAZ publishes a monthly electronic newsletter. It arrives in your email inbox on the first day of the month. It's free; you can unsubscribe at any time; it's from us & distributed by a professional firm. To subscribe, send your first & last name and email address to the editor, Donna Rosenheck, at: TrembleDWR@gmail.com.

Editor's Notes: Many thanks to all of you who submitted comments and articles. Those that couldn't be included in this print edition (lack of space) will be used in the future on our website, in our monthly electronic newsletter or in the next brochure. We could not function without volunteers nor without donations. If you are a member, think about how you can use your talents to help TC. When you donate, know that, large or small, all donations are appreciated and put to good use.

I am fond of the old songs sung by Tremble Clefs; some were old when my mother was a girl. I'm closing with good advice taken from an old song: "Keep your sunny side up, up."

Donna Rosenheck, Editor

TCAZ offers online Zoom sessions. Sun Joo Lee leads the sessions which provide a comprehensive vocal exercise program for people with Parkinson's disease who desire a class led by an experienced voice therapist, with the goal of maintaining vocal abilities.

All practices are "live" events which means the classes are offered at different times depending on the attendees' time zone. Contact Tim Sheehan for current information on the Zoom schedule. There is a \$10 fee per session; the first session is free! **Zoom Contact for dates & times:** Tim Sheehan email at cleftnote2019@gmail.com

 I was introduced to Tremble Clefs Zoom by a friend, Carol, approximately two years ago when I was diagnosed with Parkinson's disease. **I live in Pennsylvania so Tremble Clefs Zoom is a way that I am able to do speech therapy and help maintain the quality of my voice.**

This group has had a positive effect on me. I have made friends by joining this group. These friends have become more than friends to me. They have become family and I care about them. **They make me laugh. It is good to know that these friends are like me and experiencing many of the same issues as me. We encourage each other. Tremble Clefs has provided me with an educational and social network.**

I have learned many things about Parkinson's disease. Sun Joo Lee is truly wonderful. She encourages each of us to exercise and speak distinctly. She demonstrates what she wants us to do. She makes me want to do well. She cares about us and loves us. She is the Best!

by Bonnie B.

 Tremble Clefs helps me with improved voice, swallowing and camaraderie.
by Stephen R.

Singing with Tremble Clefs helps me feel good. I have a sense that I have been in a group that knows how I feel and understands my issues. It offers people with Parkinson's disease a way to maintain their voice.

By Maria M.



Sun Joo Lee & Kiersten Jungbluth, Sun City, 2023