

When I joined Tremble Clefs, I had a very difficult time swallowing and singing. I felt so alone but decided to give this group a try. I have always wanted to sing (a big heart's desire) but a singing group was an impossibility because God did not give me that gift and PD made the possibilities worse. At least that was my thought until I found Tremble Clefs. They welcomed me even with my voice problems. Our great directors work on the throat muscles in a way that is enjoyable. This is fun therapy. Things got better and although I will never have a great voice, I find my love in singing. Tremble Clefs is a great place with wonderful friends and I am so blessed.

- Bonnie E.

## MesaTremble Clefs

Learning about the value of Tremble Clefs for people with PD several of us living at Venture Out RV Resort carpooled to Sun Lakes to take part in sessions of the South East Tremble Clefs (now Sun Lakes Tremble Clefs). It was a long drive and we explored how we could start a group in Mesa. We sought funding and Venture Out Foundation and the Parkinson's Foundation came through for us. Our first annual concert was March 21, 2022, to an overflowing enthusiastic Venture Out audience.

**Currently we meet from November to April having weekly therapy sessions led by Merri Zohar, accompanied by Linus Jung.** Our members participate in numerous concerts throughout the valley. We have continued to grow and currently have 28 members. Right now all of us are working hard to prepare for this year's Annual Concert on the last day of March! Songs we are working on include: "Consider Yourself" from the musical "Oliver" and "Make Your Own Kind of Music" - whose lyrics include

**You've gotta make your own kind of music  
Sing your own special song  
Make your own kind of music**

We know it will be a performance both our singers and our audience will enjoy.

- Rocky Junk, Kathy Junk, Chris Volz



**Sun Joo Lee  
- banner on  
light  
fixture!  
Iowa City,  
Iowa, Feb.  
2025**



**Mesa Annual  
Concert,  
March 25, 2024:  
Merri Zohar,  
Director, Linus  
Jung,  
Accompanist.  
Eileen Parry &  
Jon Salak at this  
concert**





# Recommended Books

## “Ending Parkinson’s Disease: A Prescription for Action”

by 4 authors: Ray Dorsey, MD, Todd Sherer, PhD, Michael S. Okun, MD, Bastiaan R. Bloem, MD, PhD c. 2020

**When you get four experts in their field employed in prestigious healthcare institutions collaborating to write about Parkinson’s disease, you know the book is worth reading:** Ray Dorsey (University of Rochester), Todd Sherer (Michael J. Fox Foundation), Michael S. Okun (University of Florida), Bastiaan R. Bloem (Radboud University Medical Centre, Nijmegen). In his review Justin McArthur (Johns Hopkins) wrote: “As someone with a family history of Parkinson’s disease, I have been looking for a bold and actionable statement to help the millions affected. This book is it.”

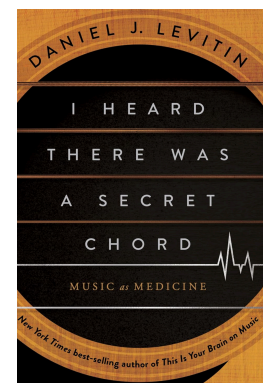
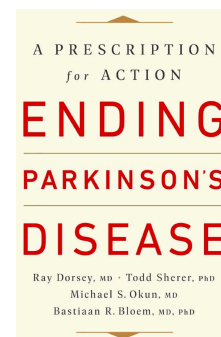
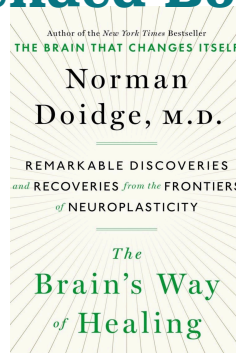
Borrowing “Ending Parkinson’s Disease” from the library, I read it soon after it came out. Inside I was delighted to see a photo of Patti Meese, who has PD in a bicycle race wearing six-inch heels! I knew Patti from the Original Tremble Clefs! Amazing lady; did you know Merri Zohar is her sister?

**How did I the get the paperback copy of “Ending Parkinson’s Disease” which is on my desk right now?** Well, Skip Rodenbush, a member of my extended family, arrived with it in hand as a gift for me a few months back. “You’ve got to read this! I know all the work you do for PD.” Skip, a senior who will never retire, continues to work in the areas of communication, telemedicine and healthcare. He knows one of the physicians who authored the book. He’s also the man who raved about the potentials of an online program “Zoom” several years before the world tuned into it in 2020.

One of the neurologists who spoke on March 14th at the PD Care Connection conference mentioned “Ending Parkinson’s Disease” and the call to action it contained. So, repeating good advice from many, this book is worth reading.

- Donna Rosenheck

Concert, Fountain Hills, 2023  
L to R: Merri Zohar & Kiersten Jungbluth; Glenn Kuhel



## “The Brain’s Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity”

By Norman Doidge, MD c. 2015

Several years ago, a friend gave me the book, “The Brain’s Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity” by Dr. Norman Doidge. I remember the author talking about while practicing meditation, pain can temporarily go away or be reduced. I tried it, and it worked! I’ve also had similar experiences when singing with the Original Tremble Clefs. During practices, I forgot about my symptoms and pain/discomfort.

**The author also talked about neuroplasticity and rewiring the brain. He said, “If you fire it, you wire it.”** Therefore, I need to have good habits - like surrounding myself with positive people and taking productive actions. My thinking and smile then follow. Otherwise, I can end up focusing on my symptoms & pain and becoming less motivated - which can lead to isolation. I’d rather participate, smile, and be happy!

- Glenn Kuhel

