

Singing as Music Therapy

Decreased voice volume and voice with a monotone quality are common symptoms of Parkinson's disease. This clinically beneficial program provides vocal and movement exercises and generates new learning and comfortable challenges in a shared supportive environment.

Singing as Supportive Social Engagement

Participation in the program makes people feel good. It helps keep members active and engaged, sharing an enjoyable activity and resulting in new-found energy. Participation in the choir community develops connections and provides support to people with Parkinson's disease and their spouses and caregivers.

Talented Professional Staff

Sun Joo Lee is the Director of Tremble Clefs. She has Master's degrees from ASU in Music Therapy and in Voice Performance. Mutsumi Mori is the pianist for the Original group and Mina DeWitt is the West Side pianist.

In addition to their weekly meetings, the Tremble Clefs sing at senior living centers, churches, synagogues and Parkinson symposiums and support groups.



We Welcome New Members

Tremble Clefs is for people with Parkinson, their spouses and caregivers. No vocal experience is expected or required.

For more information, including meeting times, please contact:

Original Tremble Clefs - Don Dotts, 602-571-8894

West Side Tremble Clefs - Beth Lee, 623-556-6048



TREMBLE
CLEFS
Arizona

Comments from Our Members

"One of my earliest symptoms of PD was changes in my voice. Tremble Clefs provides a wonderful opportunity to exercise my voice in a warm, friendly, social environment." - Robyn P.

"The music brightens my day. The therapeutic element is so helpful. Making friends who truly understand the struggles of Parkinson's disease is great." - May H.

"At the end of a Tremble Clefs rehearsal or performance, I feel happy." - Edmond C.

"Tremble Clefs has been as much a support group to us as a singing group. Friends we've made there have enriched our lives and are so helpful when questions arise." - Connie W.

"I look forward to attending the meeting every Thursday. My best friends are members of this wonderful organization." - Helmy M.

"Tremble Clefs provides its members with a place where many voices can become a single voice united in the fight against the effects of Parkinson's disease. I am happy that I can share Tremble Clefs with my wife; we are having a great time singing and performing with the choir." - John S.

"It has benefited me by: Learning breathing techniques; Vocal exercises; Better focus and control of voice; Positive communication and Socialization." - Lincoln L.