

# Comments from our Members

In 1994, in Scottsdale, Arizona, Tremble Clefs was founded by Karen Hesley, a speech therapist, to enhance volume through singing. Currently Tremble Clefs Arizona has four music therapy groups in the Phoenix area. Here are comments from members:

“It helps me be heard when speaking.” - Kathy L.

“You can’t live in your own little world. You will go down with no vision. Sing, and look to have fun. You don’t do that when you’re all alone” - Mary R.

“Tremble Clefs gives very good throat and breathing exercises. It offers a renewal of memories of old song lyrics.” - Denis E.

“I may feel badly when I enter; when I leave I feel great.” - Merrill L.

“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.

“I love being able to sing in a choir again. And I love the socialization and being with people who know what PD is like.” - May H.

“I would love to see TC become available to everyone with PD in the U.S. Personally, when I see the impact Sun Joo and singing has on our group, I am deeply moved and impressed by the difference it makes in our lives.” - Kirk H.



3/2022 DWR



“Participation in a Tremble Clefs group can help address voice & communication challenges with a powerful energy.” - Patti M.

# Tremble Clefs

**the singing group for people with Parkinson's disease**



*Tremble Clefs ready to sing the National Anthem, Chase Field, Phoenix, 2019*

**We provide singing therapy for people with Parkinson's disease in a supportive environment.**

Tremble Clefs Arizona is a charity providing music therapy for people with Parkinson's disease on a weekly basis. By participating in Tremble Clefs weekly rehearsals, those who live with Parkinson's strengthen their voices and have fun singing with others in the Parkinson community, including family and friends.

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.

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. We hold performances on a regular basis to which the public is invited. Participation in the choir community develops connections and provides support to people with Parkinson's disease and their spouses and caregivers.

**Learn more about us from our website:**

**TrembleClefsArizona.org**

**For more information, please contact the people listed as contacts for each choral group.**