



Tremble Clefs Arizona

Tremble Clefs Arizona is dedicated to empowering people with Parkinson's through strengthening voices and enabling communication which starts with singing together and leads to enhanced quality of life, mutual support and friendship.



We welcome new members. If you have PD and are interested, find out more:

Sun Joo Lee 480-274-3206; Tim Sheehan 928-713-6800; Don Dotts 602-571-8894; website: TrembleClefsArizona.org

“Not only is Parkinson’s the fastest-growing neurological condition on the planet, but it is among the most disabling. Individuals with Parkinson’s suffer. And so do their caregivers.”¹ Parkinson’s disease often steals away energy and the desire to make things happen. Apathy, a loss of initiative and blunted emotions, is often part of the disease. People with PD fight apathy when they get involved. Tremble Clefs does that for people with PD. They get involved in weekly singing sessions. Before the isolation of the pandemic, they got out of the house and met weekly; currently we meet on Zoom. TC AZ provides music therapy and also time for socialization. There are concerts when members sing for the public. **Being involved with others is one important way our music therapy groups benefit people with Parkinson’s disease.**

1 - Dorsey et al., 2020, p. 116

In Memoriam

Bob Catalano
Sheldon Nitzky
Rodney Aurich
Carol Harris
Steve Wallace
Melvin Sanders
Leroy Betts
Gary Gorman
May Hertel

Marvin LeNoue
Dick Smith
John Hendrickson
Caesar Robles
Marilyn Jacobson
John Martin
Eva Martin
Max Hyatt
Dennis Arend



Notes from our Vice President, John Sylvester

I first heard about the existence of the Tremble Clefs in the winter of 2012-2013 when I attended a jazz concert/silent auction raising money for the programs being offered by the Mohammad Ali Center for people with Parkinson’s disease. I don’t recall who the primary entertainers were, but do recall meeting two members of the West Side Tremble Clefs who sang a couple of duets during the intermission of the main attraction. They were two of the founding members of the West Side Tremble Clefs, Beth Lee and Gregg Owens. They talked to anyone who had PD and requested we visit their choir at one of their practice sessions. I told them I couldn’t sing, that they were too far away, etc. They said that I should try it or try the Original Tremble Clefs, which met in south Scottsdale instead. I visited both choirs and ended up choosing the smaller West Side group because I could drive home in the daylight and not at rush hour and after dark.

Tremble Clefs is family, it is a safe haven where one can be a person with PD and not be conscious of it or embarrassed by a tremor or freezing in a spot unable to go on. It is a place to meet new people, make new friends, where we can learn about new medicines and new treatments, where we as a group, under Sun Joo’s direction, entertain each other and the audiences we perform for in our concerts. It is a bright beacon of light raising spirits of those who need inspiration and provides us with the exercises necessary to maintain one’s voice and the ability to communicate. It is the group I hope to sing with until I sing my last notes.

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Notes from the Vice President -

Continued

Can you believe that it has been a year since we last met with our various choirs? Nobody knew the Pandemic would last this long or take the lives it has taken; let us pray that the vaccinations help mankind and provide us with enough confidence and safety margins so that the choirs can once again meet in practice for a new concert season. **In the meantime, please join us at one of our Zoom sessions (Tuesday and Wednesday mornings or Thursday afternoons) to learn new songs, practice new breathing techniques and meet new members of Tremble Clefs.**

John Sylvester
TC AZ Vice President



John Sylvester - Zoom 2020

What Impacts My Parkinson's?

Having been diagnosed in December of 2017 with Parkinson's disease came as a complete surprise to me and my family who knew no-one with this ugly disease.

I find what helps me through each day is the devotion of my husband to me. He is ever caring, concerned and helpful. Watching over my every need.

Also prayer is so very good for me. I do certainly believe that God cares about me. I don't believe that God gave this to me; rather I think that thanking God daily for another day of life is what gets me to the next day. And I find much peace in prayer.

My three sons and their families/significant other help inspire me to hang in there! They are the best medicine as we zoom together and contact each other weekly.

I love being a part of Tremble Clefs Arizona; particularly belonging to West Side Tremble Clefs with wonderful Sun Joo Lee as our director. What an amazing group of people who are quickly becoming friends! And what a delightful way to strengthen one's voice through music and vocal exercise. Joining in on this twice a week has become a real social event for me.

Lastly, the once weekly zoom session that we do with a group of friends from our church has been another delight for me.

So much to be thankful for within this disease that I truly feel blessed. And makes me enjoy each moment that I have.

Judi Erlandsen



Ray and Judi Erlandsen