

Donate!

Bill Doherty's Legacy Lives On

William "Bill" Doherty was an early choir member who made an outsized impact on the West Side Tremble Clefs. His wife Inge had Parkinson's disease. They heard about WSTC, came, and both stayed. Bill became generous with his time by being our first Treasurer and did a meticulous job by hand, without use of a computer. He was well-acquainted with the sacrifices Sun Joo Lee was making for us in those early years and knew well our financial needs. Then on June 16, 2010, Inge died, leaving Bill a lonely widower. As many of our widows and widowers of deceased Parkinson's patients do, Bill continued to attend our practices and concerts, enjoying the camaraderie with friends he had made at WSTC.

Knowing what a wonderful and important part WSTC played in his wife's life, Bill began generously contributing \$3,000 annually to the WSTC in memory of his wife. He continued to faithfully attend until our in-person practices were abruptly stopped last March because of the current pandemic. Bill died September 26, 2020, after spending several weeks in a care facility. But that did not stop his generosity. Within a month, we received a letter from the administrator of Bill's estate. He had taken time the previous December to include WSTC in his Will. The letter informed us of his bequest of \$10,000 to WSTC. **To my knowledge, that will be the largest single gift we have ever received from an individual.**

We miss Bill, but his legacy lives on. This last significant gift of his will help guarantee the financial viability of WSTC through this current pandemic that has shut us off from our audiences at concerts, our primary source of income. Many of our members are no longer capable of significant involvement. My toughest jobs as President are finding capable volunteers to fulfill key roles and in generating sufficient income to fund our program.

Whether you have Parkinson's or are a spouse without Parkinson's, you can make a wonderful difference in thousands of lives by volunteering to serve. And consider remembering the Tremble Clefs in your will, or as a beneficiary of one or more of your financial accounts. Bill made a larger-than-life difference for a quiet but thoughtful person. You can too.

Jim Histand,
President of the West Side Tremble Clefs
TC AZ Board Member



We Appreciate All Donations

*Make checks to "Tremble Clefs Arizona."
Send to:*

Tremble Clefs Arizona
P.O. Box 1161
Sun City, AZ 85372

If you wish to support a specific group, West Side, Original, North West, or South East, write the group name in the memo line on your check or enclose a note. If a specific chorale group is not designated, funds will be used by TC AZ in the place of greatest need. Make sure you send us information so we can supply you with a receipt for your donation. More information and ways to donate are found on our website: TrembleClefsArizona.org. We greatly appreciate any and all donations.

Tremble Clefs Arizona is now an Arizona Qualifying Charitable Organization

*If you file taxes in the state of Arizona, up to \$400 per person (\$800 if filing jointly as a couple) can be directly deducted, dollar-for-dollar, from the state taxes you owe. TC AZ's QOC CODE is 22218. More information can be found on our website TrembleClefsArizona.org under **DONATIONS** and from your tax advisor.*

What Helps People with Parkinson's?

I was diagnosed with Parkinson's disease and focal dystonia in 2013. I was initially misdiagnosed twice (in 2009 and then again in 2012). After talking to many people in the Original Tremble Clefs and in Idaho, I had DBS surgery in 2019.

To cope with PD:

I spend time in prayer, meditation, and help others where I can. I think it is very important to stay connected with people with a positive attitude and to be a part of a strong PD community. I do enjoy a good movie and like watching AZ sports. I can ride my bike (slowly). Sometimes, I put pen to paper and write.

I am extremely grateful for the kindness, support, encouragement, smiles, and joyfulness the Original Tremble Clefs shares. OTC is truly a gift. Thank you all.

Glenn Kuhel

My husband Stan was diagnosed in 1987 and lived with Parkinson's disease for 31 years. The things that helped him, and me so much were:

Going to chorus every week - singing AND party time at the break to talk with friends and EAT TOGETHER. Sun Joo Lee encouraged Stan to continue singing. He had a good voice and loved singing solos.

Family: Stan enjoyed phone chats to keep in touch with the out-of-state family.

EXERCISE helped. 2-3 times a week with a personal trainer who came to the house. Exercise made a huge difference in keeping him mobile for a lot of years.

Jeanne Milstein

ZOOM SCHEDULE

We welcome people with PD. You may select any Zoom session. Our in-person music therapy meetings remain cancelled until further notice. Check "Join a Choir" section on our website TrembleClefsArizona.org for up-to-date information. If you have questions, phone the Contact Phone Numbers on page 1.

To join these TC AZ Zoom meetings:

Go to: www.Zoom.us at the day and time of the online meeting

In the top right hand corner you will see and click on "JOIN A MEETING"

You will use the Meeting ID & the Password to gain access

North West TC - Tuesdays at 9:00 a.m. Virtual Meeting ID# **749 351 358** Password: 130245

West Side TC - Wednesdays at 9:30 a.m. Virtual Meeting ID# **875 155 643** Password: 910553

Original TC - Thursdays at 12:30 p.m. Virtual Meeting ID# **371 982 440** Password: 170444

Friday mornings there is a fee-based limited-enrollment Zoom which begins at 8:50 a.m. For more information go to TrembleClefsArizona.org or phone contacts listed on page 1



Meeting Places For Our Choral Groups - CLOSED due to pandemic

Original Tremble Clefs
Granite Reef Senior Center
1700 N. Granite Reef Rd.
Scottsdale, AZ 85257
Thursdays
4:00 p.m. to 6:00 p.m.

West Side Tremble Clefs
Shepherd of the Desert
Lutheran Church
11025 N. 111th Ave.
Sun City, AZ 85351
Wednesdays
10:00 a.m. to 12:30 p.m.

North West Tremble Clefs
Sun City West Christian Church
20803 N. 151st Avenue
Sun City West, AZ 85374
Tuesdays
9:00 a.m. to 11:00 a.m.

South East Tremble Clefs
Sun Lakes United
Methodist Church
9248 East Riggs Road
Sun Lakes, AZ 85248
Thursdays
10:00 a.m. to 12:00 noon