



Arizona

Tremble Clefs Arizona

Our members comment on 2020

One of the best things that has happened to my wife, Judi, is the fact that we took the opportunity last October to join West Side Tremble Clefs.

Not only did my wife join a terrific bunch of folks who, like herself, have been diagnosed with Parkinson's Disease; but I too gained a new group to belong to eventually becoming the group's treasurer as well as a board member for the pilot group, TC AZ. The groups are open to both the person with PD and their spouse/caregiver.

What a time it has been. We rely on our fantastic leader, Sun Joo Lee, to provide much needed voice therapy mainly through singing. Before the whole Covid-19 Epidemic struck, the choir practiced in person once a week. Now that we are mostly staying put because of social distancing and vulnerable status, the choir is able to still meet once a week with some socialization time built into each meeting through the technology of Zoom. Because of the necessity to stay close to home now, Judi feels fortunate that she is able to get to know many more people than ever before. She truly looks forward to each and every session.

So, if you know someone who has Parkinson's, let them know about the Tremble Clefs groups. They will not regret giving them a try!

Ray Erlandsen

TC AZ Board Member

How has the pandemic affected Tremble Clefs? I think Original Tremble Clefs member **Ken Roeber** expressed it well: "I just wanted you to know that the thing that I most resent about this whole COVID thing is the fact that we (Tremble Clefs) have not been able to get together as a group. **The one thing that I most looked forward to EACH and EVERY week was that time on Thursday afternoons spent with everyone who was/is a part of it.**"

Socialization is an integral part of Tremble Clefs. There's no substitute for singing as a chorus, in person. We hear Mutsumi's or Mina's accompaniment, which helps us with rhythm and singing as one group. We're all lifted by each other's smiles and laughter and being together as a family. Sun Joo has done a great job with Zoom, but it's just not the same. I'm reminded of an old "Peanuts" comic where one of the characters (Linus or Lucy?) asks, "Would you give a starving dog a rubber bone?" The sooner we get back together in person, the better!

Kevin Riley,

TC AZ Board Member, Treasurer



Notes from our President, Don Dotts

I am pleased to report to all of you that our recent fundraiser event with novica.com was a great success. Our good friend Justine Lassoff contacted Novica to get them to host Tremble Clefs Arizona as one of their charities for their on-line fundraising program. Customers who bought items listed on our Charity of the Week page between August 17th and August 23rd had 25% of their payments go directly to us as a contribution.

We received a check from Novica for \$699.33, our portion of the sales for that week. At the same time, our members and supporters who didn't see something they wanted to buy from Novica sent in their contributions to Tremble Clefs Arizona. Our Treasurer, Kevin Riley, tells us that \$445 in donations came in during that same time. So we gained important contributions of over \$1,000 from our week on Novica's website.

We thank Novica CEO Roberto Milk for his actions in getting this to happen. Novica is a fine company which helps charities throughout the year and we appreciate their efforts to enable us to hold an online sale and make it successful. My special thanks, also to Justine Lassoff's mother, Donna Rosenheck, Secretary of Tremble Clefs Arizona, and our great Music Director, Sun Joo Lee, for their work on this effort.

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In Memoriam

Jeffrey Reese
Dan Jilka
Charley Barber
Val Hernandez
John Burian

Paul Mork
Barnett Nappen
Sandy Wiggen
William "Bill" Doherty
Sue Catalano



Notes from the President -

Continued

Giving is so important to our non-profit charitable program, one which provides music therapy and inspiration for people with Parkinson's disease. I am asking those who are able to consider making a donation to Tremble Clefs Arizona, to please do so.

While we now meet and sing online, it is my great hope that we will be able to get together in person again before too long. I miss you all and hope to see you in person again soon.

Don Dotts

TC AZ Board Member, President



Sun Joo Lee
Photo taken on
May 18, 2020,
as members
surprised her
with a Birthday
Parade of Cars.
A super fun
time was
enjoyed by all.

What have you valued most during the months of Covid-19?

"During the pandemic, I have valued not having to worry about my health, food or shelter. I'm glad there's a link to Tremble Clefs that I can click." **Robyn Perlow**

"The pandemic has forced me to slow down. I've remember things I had forgotten like interpersonal relationships. The pros of Zoom are online is easily accessible. The cons are we miss our social interaction. Online is not always reliable." **Kiersten Hillman**

"I realize that I took so many things in my former life for granted. I have valued friendships and take time to reach out to my neighbors and my sons. Zoom is good if you live far away from where we rehearse or just don't feel well enough to get there. Zoom doesn't let you hug or sing in unison." **Jeanne Milstein**

"I miss physical contact. During Covid-19 there is no hugging, no kissing. There no comparison between group meetings and Zoom. I miss being with people, miss the food, miss being social." **Jeri Altstadter**



"I have valued health. I miss being with my grandsons. Zoom? I'm technologically good, but I miss being with people." **Bob Faulkner**

"During the pandemic I realize how much I value family. As for Zoom, I miss the interactions of singing together and I miss singing solos."

Kathleen Coyoli

"With Zoom I miss social interactions."

Ed Coyoli

"During these past months, I realize how much I value health, family and friends. For me, the thing I miss which is lacking in Zoom is all of us singing together. That's because of the time lags in Zoom. The one advantage for me is with Zoom I can see all your faces. When I am busy playing the piano, I can't." **Mutsumi Mori**

"I'm grateful for a valuable substitute for being able to get together in person. I'm grateful for technology. We connect by computer, but there's no hugging, no shaking hands."

Jay Alderson

"Friendship and family are what I've valued most during this Covid pandemic. With Zoom I can stay connected to the singing and singers in Phoenix. I am now in Meridian Idaho." **Glenn Kuhel**

"I value having health and the security of having food and shelter. I'm located in Virginia and Zoom helps me stay in touch." **Joe McCoy**