

# 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.

“Tremble Clefs offers companionship with other people who have Parkinson’s; Smiles; Voice exercises; Enjoyment of singing with others.” - Ronna & Sheldon N.

“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.



12/2019 D W/R



“TC offers me improved speech, breathing, cognition.” - Jim P.

# 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](http://TrembleClefsArizona.org)**

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



## We Welcome New Members

**All people with Parkinson's disease are welcome!  
No musical experience is expected or required.**

We invite anyone with Parkinson's disease to join us. A family member or caregiver may accompany you to practice sessions. We are not affiliated with any religious group. We meet in churches for convenience and cost benefits.

Tremble Clefs Arizona is a 501(c)(3) charity. Without volunteers and help from donors, our organization would not exist. In 2019, Tremble Clefs Arizona received a community grant from the Parkinson's Foundation which allowed us to start two new music therapy groups in Maricopa County.  If you have Parkinson's disease, we invite you to visit and check us out.

### ORIGINAL TREMBLE CLEFS

Granite Reef Senior Center  
1700 N. Granite Reef Road  
Scottsdale, AZ 85257

**Meetings:** Thursdays  
4:00 p.m. to 6:00 p.m.  
for further information, contact  
Don Dotts: (602) 571-8894

### SOUTH EAST TREMBLE CLEFS

Sun Lakes United Methodist  
Church  
9248 East Riggs Road  
Sun Lakes, AZ 85248

**Meetings:** Thursdays  
10:00 a.m. to 12:00 noon.  
for further information, contact  
Sun Joo Lee: (480) 274-3206

### WEST SIDE TREMBLE CLEFS

Shepherd of the Desert Lutheran Church  
11025 N. 111th Ave.  
Sun City, AZ 85351

**Meetings:** Wednesdays  
10:00 a.m. to 12:30 p.m.  
for further information, contact  
Beth Lee: (623) 556-6048

### NORTH WEST TREMBLE CLEFS

Sun City West Christian Church  
20803 N. 151st Ave.  
Sun City West, AZ 85357

**Meetings:** Tuesdays  
9:00 a.m. to 11:00 a.m.  
for further information, contact  
Tim Sheehan: (928) 913-6800

## Talented professional staff

Sun Joo Lee is the Director of Tremble Clefs. She has Master's degrees from ASU in Music Therapy and Voice Performance. She is a Board-Certified Music Therapist (MT-BC) and certified as a Neurological Music Therapist Fellow.

We employ two accompanists. Mina DeWitt has a Bachelor of Music degree and has taught piano, organ, and voice at the collegiate level. Mutsumi Mori holds undergraduate degrees in Choral Music and Piano Performance and has a Master's Degree in Collaborative Piano and Vocal Coaching. These two professional pianists are great assets to our choral singing groups.

**Tremble Clefs Arizona is a non-profit charity.  
We depend on donations to continue music therapy  
for people with Parkinson's disease.**

### To donate by credit card or PayPal:

If you wish to make a donation using your credit card or PayPal account, go to the Donations page of our website: [TrembleClefsArizona.org](http://TrembleClefsArizona.org).

### To donate by check:

**Make your check out to "Tremble Clefs Arizona." Send the check with your name, address and phone number to one of the addresses below.**

Original Tremble Clefs  
1206 E. Harbor View Dr.  
Tempe, AZ 85283

**OR**

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

If you wish to support us by having your donation used where the need is greatest, just add a note saying "Tremble Clefs AZ." However, if you would like to designate a specific choir, write the name of the group with your contact information.

Donations will be acknowledged in writing. If you wish to donate in honor of, or in memory of, someone, include name of the designated person & the person to be notified of your donation and their address. They will be notified of your gift.

**Thank you. Your contributions are appreciated.**