

Tremble Clefs Arizona



Mesa Tremble Clefs in Concert

Notes from the President, Don Dotts

Welcome back, everyone! It is great to be back together benefiting from music therapy in person!

It is great to be able to say “welcome” to our new Tremble Clefs group in Mesa. They are off to a good start and have already had a performance. It was on March 21 that they sang to a good crowd of appreciative friends and family. The Mesa Tremble Clefs was founded by a community grant from the Parkinson’s Foundation. This TC AZ group also received generous donations from the Venture Out Foundation. Recently they were delighted to receive a donation from the Movement Disorder Foundation of Arizona. Individuals have also donated. Members have stepped forward to volunteer their help. Mesa Tremble Clefs is off to an impressive start.

We now have four groups in the Phoenix area: the Original Tremble Clefs, the West Side Tremble Clefs, the South East group in Sun Lakes and now Mesa. And, of course, there are now Tremble Clefs groups throughout the United States, all helping people with Parkinson’s to successfully deal with the affects of the disease. In addition to our in-person meetings, we continue with the very successful Zoom sessions for those who can’t come in person. *(Continued on the following page)*

In Memoriam

Art Kaherl
 Detta Bedford
 Blaine Vance
 Curt Ruff
 Merrill Wuerch
 Meryl Bassett



Congratulations to Fred Cohn - as Captain of the Tremble Clefs AZ team in the Parkinson’s Unity Walk he raised over \$14,000 for PD research!

Thanks and congratulations to all of you who supported this effort. Aaron Cohn, Fred’s son, who had planned to walk with his dad, ended up walking with his sister Emily. They represented TC AZ and Captain Cohn as the recent onset of blindness made Fred reconsider the wisdom of traveling to NY and participating in the PD walk. **In terms of actual money raised, TC AZ was the 8th highest group; Fred was the 4th highest individual!**

The photo above taken by Weisai Sun shows Mesa’s first concert. It was on March 21, 2022, at the Venture Out RV Resort, Mesa. Kiersten Jungbluth did a wonderful job directing and Linus Jung was a great accompanist. Rocky Junk, President of the group, is speaking at the microphone. The event played to an overflow audience. It was a wonderful first concert for the Mesa Tremble Clefs.

South East Tremble Clefs

Carolyn Perkins, Director;
Mutsumi Mori,
Accompanist;
March 17, 2022

Located in Sun Lakes;
actively seeking new
members. If you know
anyone who has PD in
that part of the county,
please spread the word!
Invite them to attend &
give music therapy a
chance to brighten their
lives. Contact details on
our website:
TrembleClefsArizona.org



Mutsumi Mori & Carolyn Perkins

Notes from the President - continued

The online sessions on Tuesday and Friday can be accessed anywhere. We know of people tuning in in Canada, England and all over the United States.

It is a pleasure for us to get back to meeting in person. Starting in January our in-person events began after two-years of online meetings due to the Covid 19 pandemic. In addition to the Mesa concert, the West Side group has held several successful performances and the Original Tremble Clefs is planning a concert for early summer. Again, welcome back!

- Don Dotts



Tremble Clefs - Music Therapy for People with Parkinson's disease A Choral Group Starts in Mesa

My husband John was diagnosed with Parkinson's disease and Lewy Body Dementia seven years ago. As we look back he had been dealing with it much longer than that.

Our introduction to Tremble Clefs was at a health seminar here in Venture Out RV Resort. I attended but my husband John did not. One of our neighbors attended as well. We were agog at the choir singing and at the camaraderie of the group. We went home and talked to our husbands and another couple into going to a concert with us. We met and visited with Sun Joo and talked with some choir members. Everyone was so positive and upbeat. For the remainder of that season a group of 10-14 of us drove 40 miles each week to the South East Tremble Clefs group in Sun Lakes.

As we attended these meetings an idea began to grow. **"This is so positive and helpful, we need to get this in our park."** Thus it all began. We have not been good at attending the online sessions as John becomes confused with all the talking. However, we have tried to keep up with some of the voice exercises.

Thanks to the work of Libby, Rocky, myself, and TC AZ Board members with funding from a community grant from the Parkinson's Foundation and generous donations from the Venture Out Foundation, we had our first Mesa Tremble Clefs meeting on January 10, 2022. We expect people from other locations in Mesa to join us here at Venture Out. From humble beginnings, great things can happen.

- Christine Volz



Chris & John Volz