



Comments from our Members

“It has given me an opportunity to meet different people who share their PD experience which is interesting, but the main focus is how much fun we have singing songs that are already familiar to us. It is the highlight of my week.” - A member of the Original TC for almost 7 years

“Being a member of Tremble Clefs has strengthened my vocal cords and I noticed the volume in my speech has improved significantly.” - Max K.

“TC offers me the opportunity to be with other PD people. It helps my speaking voice. Music therapy is great.” - Rich K.

“It has brought back my voice and the desire to sing again. The socialization aspect is a place like Cheers, ‘Everyone Knows Your Name’ Choir. Practice gets me out of bed on Wednesday mornings and out to see my TC friends. It is always a nice time and I leave feeling uplifted. We sing our troubles away!” - A member of the West Side TC for two and a half years

“Tremble Clefs helps me keep my voice active. It enables me to have great interactions with others who have PD. It is a great support group.” - Judi E.

“We do exercises that help the voice and then, we sing, sing, sing! The exercises and singing have helped me in several ways. I now have less choking when I eat and drink. The ‘mask’ on my face is less intense. I learn new, wonderful songs and when I look at my classmates, I feel at home because I know each of them understands what we all face in a day.” - Septene M.

“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.

“For me TC satisfies a need for a family of PD people. It’s a singing group and also a support group.” - Phil S.

Learn more about us on our website: TrembleClefsArizona.org

Tremble Clefs

the singing group for people with Parkinson’s disease



Tremble Clefs in concert, West Side Annual Fundraiser, Sun City, Nov. 19, 2023

We provide music therapy for people with Parkinson’s disease in a supportive environment.

Tremble Clefs Arizona is a charity providing music therapy on a regular basis for people with Parkinson’s disease. 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, as well as 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 regularly hold performances for the public and for select audiences. Participation in the choir community develops connections and provides support to people with Parkinson’s disease and their spouses and caregivers.