

What Does Music Mean To Me?

What Does Tremble Clefs Mean to Me?

My name is Robyn Perlow. I was diagnosed with PD about 11 years ago. In 2015, my wife and I moved to Scottsdale where I immediately connected with the Parkinson's community and was invited to join the Arizona Tremble Clefs. "TC" provides socializing and good exercise for the vocal cords which are often affected by PD. Under the superb guidance of Sun Joo Lee (music and voice therapist) we learn how to take care of our voices. We sing songs from the 19th century up to contemporary pieces. I have had the privilege of "performing" two solos!

Before the pandemic our group would perform at various venues such as the VA hospital, senior assisted living facilities and some community events. **It's wonderful to have our audience smile and sing along with us.** Music and singing are important for physical, social, and emotional health.

As a child I had accordion lessons for several years and played in a band. **Singing in Tremble Clefs brings back some of those childhood memories and is creating new ones!**

- **Robyn Perlow**



Tremble Clefs means to me fellowship with making new friends. We are a family. It is special to work with Sun Joo and experience her energy. It is good to work with other members on our songs.

Music creates memories for me.

I was diagnosed with Parkinson's in 2004. I have been working with the Tremble Clefs for 5 years. I learned about Tremble Clefs from a persistent friend who encouraged me to join. He even picked me up and took me to practice every week. Thanks Dave!!

- **Steve Jacobs**

Tremble Clefs means everything to me. It's hard not meeting in person. It's like we've all been thrown to the four winds and Zoom is our only link. Music means everything to me. I was diagnosed March of 2017. Soon after that I joined through a friend at Sun City Festival.

- **Phil Segadelli**



With Tremble Clefs, Bill connected to a Parkinson community. **Such wonderful people, so welcoming and understanding. We both loved the music and comradeship.** Sun Joo was so happy to see everyone and chose fun and familiar music.

We really missed our weekly sings after we moved back to Michigan. Bill passed away last June, but I still love to hear about Tremble Clefs and want to keep receiving news about the groups. Love and hugs to all.

- **Babs Vaughan**

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Judi & Ray Erlandsen



Belonging to Tremble Clefs means the world to me. **As a former singer, who actually led groups of people at two different churches, and who has since lost her singing voice entirely, it is just so very wonderful to have an outlet to sing once again.** And to be appreciated for just joining the group no matter one's current ability is equally wonderful as Sun Joo Lee, our director, surely makes everyone feel welcome and loved! It's truly an amazing phenomenon of friendship building as one gets to know others in the group. **And the idea that we share in the same debilitating disease is a good thing as an understanding seems to come along with the gathering of folks that wouldn't likely occur in another situation.**

I really appreciate the one-on-one time that is given to helping one speak and sing better. I mean there are little comments throughout our sessions aimed at each individual person in an effort to get them on the right track. They are done out of concern and done with a loving spirit as to be most helpful.

Because of Covid-19 we have been meeting virtually for over a year now, and all I can say is "thank goodness for Zoom." It's been quite the compromise, but in the best sense of the word. To have stayed together for this amount of time has been a real joy.

I enjoy all different music genres, especially Jazz, and we do them all in this group! From Love Songs to Country, it's all there for us to get our voices around.

Having been diagnosed with Parkinson's disease since 2017, I joined the West Side Tremble Clefs less than a year later after hearing about them through a realtor. First, my husband, Ray, and I attended a concert. We decided this was the group for me and we went up and introduced ourselves to Sun Joo. A week later, low and behold, she remembered us and how we met and introduced us to the rest of the group.

- Judi Erlandsen



Tremble Clefs has been a bright spot in my PD journey. The fellowship of the members was always enjoyed. Sun Joo's leadership as director was a rare opportunity to provide musical enjoyment and expertise to hundreds of people. She was interested in each one of us personally. My PD has affected my voice by diminishing my voice box. I was diagnosed with Parkinson's in 2004 and have been with Tremble Clefs for 5 years.

- For the future, YaHoo, YaHoo! Cowboy Jim Hughes