



I love to sing! I LOVE to harmonize. I LOVE to hear favorite songs and sing along as I drive my Mustang convertible (with the top down) in the sunny weather Arizona is known for. **More than just another choir, Tremble Clefs provides therapy through music so that those afflicted with Parkinson's can strengthen their speaking voices through song and have a blast doing so.** All are welcome . . . even the audience is encouraged to sing along. Can't wait to meet in person once more. Favorite songs? "Candy Man" solo by Tim and "Happy Heart" by Phil. As a group? "Sweet Caroline."

- Trish Frankland

A Word from the Editor

Tremble Clefs Arizona will begin to meet in-person starting in January 2022. The Board of Directors of Tremble Clefs Arizona met via Zoom on Nov. 13, 2021, to consider when to return to in-person meetings and how to safely structure those meetings. **Directors unanimously voted to require proof of vaccination to enter and the wearing of masks during meetings.** Zoom sessions will continue to be available.

It was decided that in-person meetings would begin in January, however not every group may be meeting the week of January 3rd. **The last page of our newsletter has the 2022 schedule of music therapy sessions.** Each group will be reaching out to their own members with details such as the actual starting date.

As time goes on, there may be changes. Please check the website in mid-December for information on when each group begins. People listed as contacts for the groups may also be contacted by you. When I spoke to her, I found that Kiersten, one of our Interim Music Directors, is now using her husband's last name, Jungbluth.

Looking back, I feel 2020 taught us all that things can change very quickly. I am grateful for my blessings. **Wishing you Peace and Happiness this Holiday Season! And a Healthy New Year filled with Music!**

- Donna Rosenheck - Editor, Secretary of the Board of Tremble Clefs Arizona

TrembleClefsArizona.org - OUR WEBSITE

TrembleClefsArizona.org tells you a great deal about us, including how to donate to help TC AZ continue to provide music therapy to people with Parkinson's disease. Beginning in mid-December the website will have more details on in-person meetings.

ELECTRONIC NEWSLETTER

Music Director Sun Joo Lee wanted to provide information and support to our members during the pandemic when meeting in person was not possible and our first e-newsletters began. There's no cost; you can unsubscribe at any time. The e-newsletter comes out on the 1st & 15th of each month. To subscribe, send your first name, last name and email address to the editor at TrembleDWR@gmail.com. At this time, we are continuing our e-newsletter.

PARKINSON'S FOUNDATION GRANT

In 2019, Tremble Clefs Arizona received a Community Grants Award to support the formation of a Tremble Clefs group in Mesa, Arizona. There is a real need in Mesa and we appreciate the support from the Parkinson's Foundation.



REQUIRED FOR ALL IN-PERSON MEETINGS:

Proof of Covid-19 vaccination and wearing of a mask covering your nose and mouth during the session

FEE FOR ALL IN-PERSON MEETINGS:

\$5 per meeting for the person with Parkinson's disease & that includes the person who accompanies them

Your first visit, Zoom or In-person session, is free of charge

MONDAY

MESA TREMBLE CLEFS

On the 2nd and 4th Monday of each month

3:00 p.m. to 5:00 p.m.

Venture Out RV Resort in the Oasis Room

5001 E. Main St.

Mesa, AZ 85205

\$5 fee per session

For information, contact:

Rocky Junk 563-451-9774

rocky83047@gmail.com

or

Kiersten Jungbluth 517-980-4644

kiersten.jungbluth@gmail.com

TUESDAY

WEST SIDE ZOOM

Tuesdays 9:00 a.m. to 10:30 a.m.

\$5 dues per session

For information, contact:

Tim Sheehan 928-713-6800

clefnote2019@gmail.com

or

Ray Erlandsen 928-978-5009

rjaz68@gmail.com

WEDNESDAY

WEST SIDE TREMBLE CLEFS

Wednesdays 10:00 a.m. to 12:00 noon

Shepherd of the Desert Lutheran Church

11025 N. 111th Ave.

Sun City, AZ 85351

\$5 dues per session

For information, contact

Tim Sheehan 928-713-6800

clefnote2019@gmail.com

or

Ray Erlandsen 928-978-5009

rjaz68@gmail.com

THURSDAY

SOUTH EAST TREMBLE CLEFS

On the 1st and 3rd Thursday of each month

10:00 a.m. to 12:00 p.m.

Sun Lakes United Methodist Church

9248 E. Riggs Road

Sun Lakes, AZ 85248

\$5 fee per session

For information, contact:

Sun Joo Lee 480-274-3206

ssoli96@hotmail.com

or

Kiersten Jungbluth 517-980-4644

kiersten.jungbluth@gmail.com

THURSDAY

ORIGINAL TREMBLE CLEFS

Thursdays 4:00 p.m. to 6:00 p.m.

1700 N. Granite Reef Road

Scottsdale, AZ 85257

\$5 fee per session

For information, contact:

Don Dotts 602-571-8894

DonDotts@aol.com

or

Jeanne Milstein 602-943-3770

SMilstein135@mac.com

FRIDAY

LIMITED-ENROLLMENT TC AZ ZOOM

Fridays 8:50 a.m. to 10:00 a.m.

Fee for each session \$10.00

For registration & payment contact:

Sun Joo Lee 480-274-3206

ssoli96@hotmail.com

or

Tim Sheehan 928-713-6800

clefnote2019@gmail.com

2022
Schedule of
Choral Groups

This music therapy group is for people with Parkinson's disease. A family member or caregiver may accompany the person with PD to practice sessions. The choral groups meet regularly; most meet on a weekly basis. Please be aware that while we may meet in churches, it is for convenience and cost benefits. Tremble Clefs Arizona is not affiliated with any religious group. All people with Parkinson's disease are welcome and NO musical experience is expected or required.

Tremble Clefs Arizona (TC AZ) Directors are volunteers and do not receive compensation for their work on the Board. We have paid professionals who hold the positions of Music Director, Interim Music Director and Accompanist. Volunteers and donors together enable TC AZ to help those with Parkinson's disease.

If you receive an extra newsletter, please let the editor know (TrembleDWR@gmail.com).

If possible, pass it on to someone who has Parkinson's disease.