



Sun Lakes Tremble Clefs plus singers from the Original and West Side groups in concert, Sun Lakes, Oct. 24, 2024, Carolyn Perkins directing

Comments from our Members

"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.

"The best thing about Tremble Clefs is that there is not just one benefit from being part of a group . . . It teaches the techniques of muscle activity to make a good song sound which involves exercising the lips, tongue, throat, lungs, posture and abdominals. . . It also provides a ready-made community of people who understand what you are going through whether you have PD or your loved one has PD." - George E.

"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 West Side member for two and a half years

"Our voices strengthen. Our spirits, balance and memory improve. This therapy is fun." - Tim S.

"Tremble Clefs is a gift to those of us with Parkinson's and also to our family and friends, as they can hear us more easily because of it. There is another reason I'm thankful for Tremble Clefs: there are so many lovely people involved." - Pauline H.

"I am grateful for this music therapy program that I can share my life with." - Sook K.

Learn more about us on our website: TrembleClefsArizona.org

Tremble Clefs

the singing group for people with Parkinson's disease



All Tremble Clefs in concert, New Year Concert, Scottsdale, Jan. 19, 2025

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.