

"I Heard There Was a Secret Chord: Music as Medicine"

By Daniel J. Levitin c.2024 *This bestseller was one of Smithsonian's 10 Best Science Books of 2024.*

For those interested in non-fiction that involves both music and science I strongly recommend the book **"I Heard There Was a Secret Chord."** The author is a neuroscientist, cognitive psychologist, musician and bestselling author. The subtitle of this book is what caught my attention, **Music as Medicine.**

His writing ability and vast knowledge of music and the mind make for an entertaining, illuminating and enjoyable reading experience. His personal anecdotes from famous and talented musicians on the role of music in their recovery from injuries and illness makes this a book meaningful for everyone. Of particular interest to me and I suspect to all of you is the entire chapter he devotes to Parkinson's disease.

Daniel Levitin has an overwhelming desire to share the answers to so many questions we all have about music and the mind. I hope you enjoy **"I Heard There Was a Secret Chord: Music as Medicine"** as much as I did.

- George Eckenrode



Donna Rosenheck "One of my very favorite photos - thanks to Kevin Riley for taking it" with Linus Jung, PF Moving Day, Tempe, 2024

Newsletter Editor says "Color Me Grateful"

I want to thank each person who contributed to this newsletter and to issues for the past six years. All of them celebrate this charity that provides music therapy to people with Parkinson's disease. I have every issue since that first one-page March 2019 issue. It had a "save the date" for May 15 at Chase Field; we would perform the National Anthem there for the second time.

I've been enjoying volunteering for Tremble Clefs ever Al since and I joined the Scottsdale choir in 2009. Why do I continue to volunteer? Like all of us, I have multiple reasons why I continue to volunteer for TCAZ

Four people motivate my volunteering:

- **First is my husband Al, who got so much out of joining Tremble Clefs.** Any group that helped him deserves my support.
- **Secondly, there is the example of Don Dotts who has contributed so much to Tremble Clefs.** Since 1998 Don has led the Scottsdale group (Original Tremble Clefs), wrote grants to fund them and a grant to help establish the Sun City group. Don's motto is persevere. I've sat in many meetings over my lifetime, never have I witnessed anyone who equaled the skill in which Don led the OTC steering committee. He listened attentively to every comment and then was able to guide us back to the question at hand. He was delighted to give credit to others, when he might rightly have claimed it.
- **Then I think of my mother.** Mom was a person who over decades incorporated love and kindness as she helped family and friends. She was a practical hard-working person.
- **The other is a woman I met in 2009, Music Therapist Sun Joo Lee. Seeing the difference Sun Joo made in our lives and the lives of others fighting PD, I wanted to step forward to help.** I know my voice was definitely not needed, but my organizational, research and computer skills could prove useful.

I had a background of editing and creating newsletters in my work as a teacher and in several volunteer organizations. I know newsletters can be effective in many ways. **I was delighted in 2019 when Sun Joo Lee asked me to create a TCAZ newsletter.**

Now it's time for me to move on. This is my last edition of the print newsletter. I'm still Board Secretary and at this time plan to continue to edit our monthly e-newsletter. **Truly, my sincere thanks to all who have helped - your articles and comments have made each printed issue of our newsletter meaningful and relevant.**

- Donna Williams Rosenheck, March 23, 2025

Letter from Sun Joo Lee TCAZ Music Director

Greetings to my Tremble Clefs Family,

I hope you and your loved ones are safe and well. I am deeply grateful for all of you as we continue our journey together through music, community, and support.

As many of you know, I have been pursuing my Ph.D. in Music Therapy at the University of Iowa since 2022. I am thrilled to announce that I will be graduating this May!

I will begin my new role as an Assistant Professor of Music Therapy at the University of Missouri-Kansas City this fall. Despite this transition, I am excited to continue serving as the Music Director of Tremble Clefs and remain dedicated to supporting our wonderful community in Arizona.

Your encouragement has meant the world to me, and I sincerely appreciate your continued support in my journey to advance music therapy for Parkinson's disease. Recently, my work with Tremble Clefs was recognized in Iowa, and our story was featured in a magazine. It is truly amazing to witness how music serves as a powerful medicine, healing both the mind and body while enhancing our quality of life. If you're interested, I am sharing a QR code (located below) so you can check it out.

Thank you again for being part of this incredible journey. I look forward to making more music together!

Warmly, Sun Joo Lee



Scan Me

link to magazine article



Photos l to r: Kevin Riley & Merri Zohar, our table at PF Moving Day, 2024; Sun Joo Lee & Jan Schaafsma, TCAZ New Year Concert, 2025; Don Dotts & Jim Histan, 2022; George Eckenrode, 2024



Notes from the Board

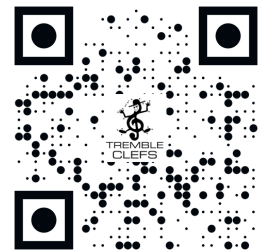
A quick roundup of significant events should include the positive news that increasingly singers from all four groups drive to join in "all TCAZ" concerts. The number of singers who attended to perform for the second annual PD Care Connection in Scottsdale had more than doubled! We are looking forward to our Nov. 15 concert event celebrating 30 years since the founding of Tremble Clefs in Scottsdale, AZ. We're glad that the term "interim" is no longer applied to any of our music directors. The Board thanks Ray Erlandsen for his work as Treasurer as we engage to find a replacement. All congratulate Sun Joo Lee on her upcoming May graduation at the University of Iowa with a doctorate degree. Hurray! And the Board is most grateful to the private family foundation which in 2025 generously doubled their grant award. Please note that we will sing at the World Parkinson Congress in Phoenix May 24-27, 2026.

We reply on donations. There's a link on the website for people to use credit cards & PayPal. You can mail a check, made out to "Tremble Clefs AZ" to us at: Tremble Clefs AZ P.O. Box 1161 Sun City, AZ 85372

Board of Directors: Don Dotts (President); John Sylvester (Vice President); Donna Rosenheck (Secretary); Ray Erlandsen (Treasurer through May 2025); Sun Joo Lee (Music Director); Jim Histan; George Eckenrode

Representatives to the Board: Jeanette Posey (Sun Lakes); Chris Volz (Mesa). **AZ music directors in addition to Ms. Lee:** Merri Zohar; Carolyn Perkins; Jae Young Jung; Kiersten Jungbluth **Accompanists:** Mutsumi Mori; Jan Schaafsma; Linus Jung

Tremble Clefs Arizona is a non-profit 501(c)(3). We are a Qualifying Charitable Organization with the State of Arizona: QCO Code is 22218



QR link to our website - TrembleClefsArizona.org