



Photo Left:
Sun Lakes Tremble Clefs, March 14, 2024 - Members of the Greater Sun Lakes Community Association presented a grant to the Sun Lakes Tremble Clefs. We so appreciate their generous donation.

Holding the "check" are Music Director Sun Joo Lee & Assistant Music Director Carolyn Perkins with Jeanne Becker & Cheryl Ravenscroft of the Greater Sun Lakes Community Association. Seated are members of the choir and accompanist Mutsumi Mori.

Top row, l to r: Julie Gerboth; Septene McKinney; Jeannette Posey;
Bottom row, l to r: Melissa Schwan; Donna Hines; Mutsumi Mori

Sun Lakes Tremble Clefs

The Sun Lakes Tremble Clefs Choir is celebrating an exciting new chapter in 2025, thanks to the generosity and support of the Sun Lakes First Baptist Church. With a fresh start in a new rehearsal space, the choir is not only preparing for their upcoming spring concert, "Songs We Love to Sing," but also enjoying the warm welcome and hospitality extended by this church community.

A Warm Welcome and New Beginnings

The choir's first rehearsal in their new space at the Sun Lakes First Baptist Church took place with much excitement and gratitude. This wonderful opportunity was made possible by Mutsumi Mori, who is their new music director. Mutsumi, known for her talent and dedication, arranged for the choir to rehearse at the church at no charge, providing a comfortable and welcoming environment for the Tremble Clefs.

Pastor Stephen Foss also made a personal effort to welcome the choir. He took time out of his schedule to visit the rehearsal, introduce himself to the members, and extend a warm greeting. His gesture made the choir feel appreciated and excited for this new chapter. Diane Vanderpool, the administrative assistant, prepared welcome signs to guide us in; we appreciated her thoughtfulness.

Sun Lakes Spring Concert - "Songs We Love to Sing" - Thursday morning, May 22, 2025

One of the standout pieces currently on the rehearsal agenda is the energetic and fun song, "Boogie Woogie Bugle Boy." We added a playful twist to this popular tune by incorporating kazoos into the chorus, adding to the fun and liveliness of the performance. Our audience won't be left out either! During the concert, the choir plans to offer kazoos to the audience members. (Yes, they are in their original wrapping and visitors can keep them!) We will have a mini teaching session before performing with them. It's sure to be a fun and memorable experience for everyone.

A Community Celebration

Leaders in the church mentioned they will help us increase our membership. With their new space, an exciting concert planned and the support of Mutsumi Mori, Pastor Stephen Foss, Diane Vanderpool and the rest of the church staff, Sun Lakes Tremble Clefs is poised to create an unforgettable May performance.

- Carolyn Perkins



I enjoy learning, especially when something that I already know connects with something I encounter during the course of my everyday life.

When I was diagnosed six years ago, I told myself that PD would not change my life. I was very mildly affected and it seemed no problem to continue on as I had been. Retirement came and I thought I would now get to read all the books I hadn't had time to read while I was working.

It started well enough but once I started on medicine, I found that reading inevitably led to me falling asleep within 20 minutes of sitting down with a book. This was unexpected. Within three months of arriving in Phoenix, I got hooked up with the Muhammed Ali PD clinic (MAPC). I began taking classes at MAPC, and going to conferences run by the Parkinson's Foundation, the Michael J. Fox Foundation, and the Davis Phinney Foundation.

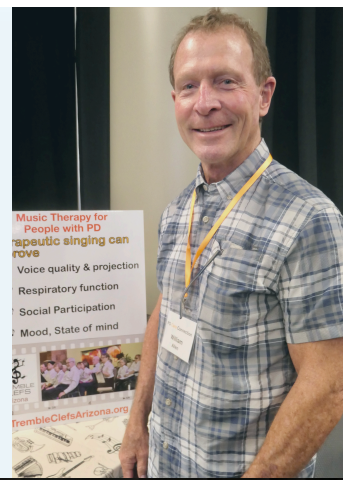
I discovered that I enjoyed moving (what some people call "exercise") and movement is medicine to someone who has PD. I rediscovered that I enjoyed singing through meeting up with Tremble Clefs and found that music is also medicine for someone with PD.

In a nutshell, I found that I enjoyed the best medicines for my PD - movement and music. When I am able to read, I read and learn about PD. This amazing disease that presents with so many faces is forever taking me on twists and turns that keep my inquisitive nature busy and, dare I say it, happily learning.

I spend a lot of my time volunteering for studies whose aim is to banish it from my life and the world. But until then, I see PD as my teacher. And I take the learning that comes with it as a reward, earned and appreciated.

- George E.

TCAZ = Music Therapy for People with PD
TREMBLE CLEFS
Arizona



photos top right, going down: Bill Allen, PD Care Connection, 2025; Theresa & John Sylvester, Concert Fountain Hills, 2023; John & Judy Wagner, PD Care Connection, 2025; Kirk Hall & Al Wendt, TCAZ New Year Concert, 2025; l to r: Penelope Denton, Debra Baxter, Rochelle Wolf, TCAZ New Year Concert, 2025

For my PD, I work out twice a week, go to boxing and yoga at the Muhammad Ali Center, attend Dance for PD at Ballet Arizona and go to Tremble Clefs! PD tries to make everything in my body smaller or slower, and by singing my voice is rejuvenated. I feel so happy after practice and may find myself singing or humming our songs all week long.

I wish I could attend every week because TC makes a huge difference in my life. But, I have a big family, a cabin in Greer with my mountain man, and lots of activities that have nothing to do with PD. I appreciate everyone at Tremble Clefs - they understand and are a lovely bunch of people. **- Pauline H.**