



Jacqueline G. Massing, Founder PEP4U Wellness Gym

A native French Parisian, Jacqueline Grossman Massing, learned early in life that hard work reaps its own rewards. As a refugee from the horrors of war in Europe, she had to learn English quickly in the U.S. in order to be accepted by her young American peers. So, within a year, she had lost her french accent. That kind of determination has been with her ever since. She is an organizational behavior specialist and long-time community organizer drawn to non-profit causes. Her goals are high and she refuses to give up until they've been reached.

Whether for a reentry women's child-care center, for charitable fundraising, for the performing or visual arts, for literature, Jacqueline's record of success is its own recompense. She is an award-winning painter, sculptor and author (of her memoir, "Chased By Demons") who honed management skills as a former Fortune 500 manager, and as CEO of her own company. When asked what drives her, she simply quips, "I can't decide what I want to do when I grow up"! No wonder she was dubbed "Jackie of all trades" by a San Francisco Bay Area newspaper!

Her latest cause, Parkinson's Disease (PD), is particularly near and dear to her heart because her own husband is a victim. After learning of the positive outcomes of exercise research with PD victims, in early 2014 she founded Orange County's unique 501(c)(3) specialty gym, the Parkinson's Exercise Program for Wellness (PEP4U). "Not only is targeted exercise a PEP4U objective, so are support, fun and friendship." says Jacqueline. And, because public awareness is critical, she urges the PD community to form alliances and contribute financially regularly to keep the gym program "alive and well". Look at our Facebook page, www.facebook.com/pep4uwellness to see how Orange County's PD victims and their caregivers are making that come alive!!!



Alan Massing, MD Co-Founder PEP4U Wellness Gym

Alan Massing, MD was born and raised in Cleveland, Ohio where--shortly after graduating high school--he married his holocaust survivor sweetheart. When asked to describe her husband, Jacqueline hesitates because of his innate modesty; he always directs attention away from himself. But, she says his friends value his nature. He is a quiet caring, highly intelligent man of the highest moral character--with a special sense of humor--who has been their "go-to guy" all their lives.

After receiving his medical degree from Cleveland's Western Reserve University, he and Jacqueline moved away from Ohio's snowy winters to 'balmy' California where Alan did his internship and residency at UC San Francisco. Two children, four homes and 40 years of medical practicing later as a respected diagnostician (with numerous medical "triumphs"), Alan was diagnosed with Parkinson's Disease (PD). He was now 72. But, rather than wallow in self-pity, Alan decided to deal with PD life one day at a time and enjoy his wife, his family and any other joyful blessings that might come along. So, he and his now-caregiver wife moved south to a senior community in Orange County, California. That's where he developed a passion for making slide shows of his family ("I aim for humor and nostalgia..."), and for filling the air with music.

Music was always one of his favorite passtimes and when Alan heard about the "Tremble Clefs," a music therapy choir for PD victims and their caregivers, he and his wife joined it. It has been an important source of support, pleasure and friendships. Alan's sense of humor brings laughter into his life every day. Somehow, he sees the light side of life in most situations. His unexpected, humorous quips often fill his space with the appreciative laughter of those around him. Yes, it is laughter and love that sustain him ... along with his determination to fight Parkinson's Disease. Tha's why he is so committed to PEP4U!

====