
Westview Chimes – July/August 2026



Life with Parkinson's Disease by David Kadotani

Six years ago, just after the start of the Covid shut down, I was diagnosed with Parkinson's disease. I knew something was not right but had no idea why. Looking back, several symptoms were present but after a tremor appeared, even I knew Parkinson's was one of the possible causes. When I saw my family physician, he stated, "You know what that means" and referred me to a neurologist who confirmed the diagnosis. His advice was "Don't believe everything you read on the internet."

I'm glad I was given that advice. Not knowing much about the subject, the first thing I looked up was: How much time do I have left? What popped up on the computer screen at the top of the page was: 6 years. The more I read, the less I could believe that answer. It is true that it is a progressive neurological disorder that results in the body losing connection with the brain. There is no cure.

After joining a local support group, I began to see two very different types of people with Parkinson's. There were those who took medical advice seriously and exercise daily in the first group. The progression of Parkinson's can at least be slowed down with intense exercise. Not just occasionally, but every day. The lost dopamine production in the brain can be compensated for with endorphins from exercise. Those in this group live the best they can for as long as they can.

There may have been some truth in the shocking news I first read about a diagnosis of Parkinson's about 6 more years of life remaining. The second group are those who cannot or just will not exercise. I have lost many friends with the disease within that short window of time. The advice that patients were given in the past was to walk carefully and with the support of a cane, walker, or wheelchair, since balance becomes affected. It recently was found that is the worst thing to do.

One of the many types of exercise recommended is cycling. That is something I've always loved to do, so I do much more now. In May of this year, I joined 30 other cyclists and rode 1170 miles from Half Moon Bay down the coast to San Diego, then from there to Phoenix, Arizona. 25 of the 31 cyclists live with Parkinson's. The destination of Phoenix was to attend the World Parkinson's Congress, where we spent the next several days learning as much as possible about Parkinson's.

The highlight of the trip occurred at the start of the ride. Many friends, family, and supporters were present at an event in Marina, California. I felt I was the most fortunate of the cyclists since I was the only local and personally knew most in the crowd. Diane Mio blessed me with prayer, and I knew that Reverend Dan had been doing the same with the congregation at Westview. Support is what kept me in the challenge of the ride and keeps me going every day. What a wonderful life we have been blessed with. -David Kadotani

I, Pastor Dan, have personally been very inspired by David and his dealing with his diagnosis. He has always seemed so positive and centered. Because I did a century ride or two with David, I knew of his passion for cycling. What a wonderful thing that one of the best things he could do as part of his management of the disease is cycling. I have always been inspired by his honesty about his disease and his ability to make lemonade out of lemons. He and Jeanni have taken to cycling regularly and he is doing so well! He is an inspiration to me of someone who is living with a difficult disease but making the best out of it, and being a blessing to others. He has encouraged me in life and in faith and I know he has encouraged many others, especially those with his disease of Parkinson's. God has used David to touch and inspire many! Thank you, David! -Rev. Hoffman

Good Growth Garden update:

Good Growth Garden, our Westview Garden, continues to grow. It is a wonderful ministry, initiated and led by Veronica Ota, that enables residence from Hope Village, members of our church, and others from the surrounding community to all work together, form community, and experience God in the miracle of the abundance of creation.

We've got baby tomatoes emerging from our potted plants!!! Big thank you to Common Roots Farm in Santa Cruz (<https://commonrootsfarm.org/>) and Rigo from Watsonville Works for donating starter plants for our garden.

Our upcoming plans are to have a garden fundraiser this August, schedule a big garden work day in Sept/Oct, and get growing in raised bed planter boxes by fall. As we begin to have the garden designed, we'll designate regular open garden hours and plan workshops and other events for fellowship!

Contact Veronica@sanjosephby.org or (831) 288-8948 to get involved!

Yard Sale Fundraiser for Good Growth Garden on August 29, 9am-2pm. Items can be dropped off August 28, 10am-12pm or 6-8pm. If you would like to help with the sale, please contact Veronica Ota Veronica@sanjosephby.org or (831) 288-8948, or Margo Loehr.

Good Growth Garden Wish List:

Garden Tools (Used or New)

Wheelbarrow
Garden Rake
Leaf Rake
Shovels
Hand tools
Garden Gloves
Watering Can

Organic Garden Soil / Potting Soil

Seeds or Plant Starts
Wood Mulch
Aged Manure
Boot Scrubber

Financial Donations Appreciated as well (Write Community Garden in memo on check).

Wednesday Zoom Scripture Reflection & Mid-Week Check: Will be taking a break until September.

HOPE Village update:

HOPE Village (Tiny Homes) opened in early February and now has about 32 residents, almost at their capacity of 34 residents! And it is a place of hope! Lives are being transformed and one resident has already received that help she needed and has moved to more permanent housing! We cherish your continued prayers for the residents and for the stellar staff that is caring for them! You can also continue to make donations to help make Hope Village a hospitable, loving and healing place through your support of Westview Presbyterian Church and through support to Community Action Board of Santa Cruz County (just make sure you mention or put in the memo that it is for HOPE Village or for SonRise Kitchen if you prefer it to go there).

Margo's Closet: Our clothing closet has been a hit! Many of the HOPE Village residents and others from SonRise Kitchen have been able receive nice clothing when they needed it. **If you would like to donate gently used clothing or other items, please contact Margo.**

Live and Zoom Worship Services at Westview!!

Live and Zoom Online Worship Services are being held at Westview Presbyterian Church **Sunday at 10 am.!!**

To join Westview for **Live Zoom Sunday Online Worship Service** please send **Westview an email at westviewpc@gmail.com** so you can be added/accepted to our **Zoom live recordings** and can receive an automatic email reminding you of our upcoming live services. **If you are in need of any assistance with Zoom call Westview at (831) 724-6222 and leave a message.** Someone will call you back as soon as possible.



Photo Above: Emilie and Mary Lou Guest Speaking

Guest Speakers: Veronica Ota – August 2

August 30 - Neal Presa, Exec Presbyter - Presbytery of San Jose (Rev. Hoffman will co-preside)

Photos



From Left to Right:

Veronica Ota preached and led us with beautiful music on Mother's Day, May 10, 2026.

Praying for and installing Crissy Hernandez as a Deacon on May 4, 2026

Grand Opening of HOPE Village on May 18, 2026 – Margo Loehr received flowers and many other recognitions for her work in caring for the unhoused
