

# Staying Healthy

WINTER 2020

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CONTRIBUTED PHOTO

Julie Lythcott-Haims, keynote speaker at next weekend's forum.

## DARE TO PARENT DIFFERENTLY

Best-selling author challenges overparenting for upcoming Parenting Forum

**By JULIA BAUM**

Kids can travel the road to success many ways — after-school tutoring, music lessons, sports teams and volunteer work are just a few to start — but New York Times best-selling author Julie Lythcott-Haims insists that parents can help more by actually doing less.

The former Stanford University dean of freshmen has spent the past 15 years drawing attention to the downsides of parental over-involvement, first writing an op-ed for the Chicago Tribune in 2005 and again in her 2015 book, “How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success”.

Lythcott-Haims's philosophy will be explored deeply in her keynote speech for the upcoming fourth annual Community Education Parenting Series Forum, entitled “Dare to Parent Differently,” on Feb. 1 at Amador Valley High School in Pleasanton. As the keynote speaker at the inaugural forum in 2017, Lythcott-Haims focused back then on the importance of fostering independence and self-reliance in children by allowing them to make and grow from their mistakes.

Many parents know that being too helpful can hinder their child's development; Lythcott-Haims wants to help this year's forum attendees learn how to recognize

those harmful behaviors in themselves, why it happens, and what to do about it.

“It's focusing more on why we parents feel the inclination to over-parent. We feel a need to control our children's outcome in part because we feel safer when we do that,” Lythcott-Haims told the Weekly. “(The speech is) more a focus on what's going on inside our heads that lead us to these behaviors that are seemingly innocuous or helpful...but in the long term it's compromising their mental health. This approach says if we can be more aware why we're doing this in the first place, maybe we can heal ourselves.”

Lythcott-Haims said she realized her parenting style was meddling years earlier when she “had my own ah-ha moment” while cutting her then-10-year-old son's meat during dinner one evening. “I was the college dean at Stanford railing against overparenting and I come home and I'm overparenting my own children,” she said. “It's just one tiny example of all the skills I'm supposed to be teaching my kid. Once I realized that, it became very humbling and I became motivated to undo it.”

Helicopter parenting is damaging because it reduces the parent-child bond to a transactional relationship, especially when grades are involved. According to Lythcott-Haims, academic performance

is one of the most common concerns for parents but she said modern technology has resulted in over monitoring.

“If a high school offers a portal where parents can see their kid's grades all the time, they feel it's their job to check it all the time,” Lythcott-Haims said. “What's happening is the kid's like a stock in the stock market — the parent has made an investment in the kid, in the school, and is checking to see how it's doing, and it's as if all of that growth and return is coming back to us as a parent in the same way as if a stock did really well.”

There's no harm in a parent caring about their child's grades but, Lythcott added, “when we act like we need to know what grades they get (every day), we need to argue with the teacher...it makes the child feel like, ‘This is not my education, this is not my endeavor, this is somebody else's.’”

A parent's anxiety about their children's future and success can stem from their own insecurities and need for assurance but Lythcott-Haims said it can also be triggered by external sources. “The other why, whatever's going on with ourselves, is the peer pressure we feel in our community,” she said. “When the in-group in the community is overparenting, it's really hard to stray from that herd, but I'm finding parents increasingly...are hungry for a better life.”

Some signs that a parent might be overly invested can be subtle; one indicator is the language they use when discussing their child's life, Lythcott-Haims said. “If you're constantly saying ‘we’ when you mean your kid — ‘we have a test tomorrow,’ ‘we're applying to college,’ ‘we're on the softball team’ — that's a linguistic hint that says, ‘I think that my kid's life is my life.’”

“Another is you feel like you're constantly arguing with the adults in your kid's life — principals, teachers, coaches — if you feel the need to argue on every point, every decision, every rationale, that may be a sign,” she added.

Feeling the need to do their child's homework, whether in part or entirely, is also a sign that the parent needs help, Lythcott-Haims said. “I joke, ‘get therapy,’ but it's not a joke; it's an encouragement to figure out what's going on in you that says, ‘I'm not OK and constantly up in my kid's business.’”

The fourth annual Parenting Forum takes place Feb. 1 from 9 a.m. to 1 p.m. at Amador Valley High School, 1155 Santa Rita Rd. The course is free and open to parents, youths and community members. Visit [www.pleasantonfun.com](http://www.pleasantonfun.com) to sign up, using course number 17621.

To learn more, contact Andrea McGovern at [amcgovern@cityofpleasantonca.gov](mailto:amcgovern@cityofpleasantonca.gov) or visit [www.cityofpleasantonca.gov](http://www.cityofpleasantonca.gov). ■





Top: The Pleasanton Blood Donation Center is just one location where residents can donate blood to the American Red Cross, which is in desperate need of more supply after a dip in contributions during the holiday season. Above: Heather Simone says she donates blood every few months because the Red Cross is always in need and it feels good to help.

## Are you the type to save a life?

Red Cross grappling with blood shortage after holiday lull

STORY AND PHOTOS BY RYAN J. DEGAN

With the holiday season resulting in a sharp decrease in blood donation drives, the American Red Cross is in desperate need of blood donors, and Tri-Valley residents are encouraged to help save a life at the Pleasanton Blood Donation Center.

Red Cross officials say that while blood, platelets and plasma donations are always needed, the holiday season lull has left the organization's reserves of type O blood particularly low and that as of Jan. 6, the organization only had enough in supply to last an estimated three days.

"Lifesaving medical treatments and emergencies never take a holiday," Paul Sullivan, senior vice president for Red Cross Biomedical Services, said in a statement. "Declines in donations can affect patient care. That's why the Red Cross is encouraging eligible donors to make an appointment to give now and help those sidelined by illness and trauma."

Often referred to as universal donors, individuals with type O blood — also known as O-negative — are capable of donating to patients of any blood type, but can only receive blood donations from members of their own blood group, making their blood particularly valuable and often on short supply.

Stressing the severity of the issue, during the holiday season Red Cross estimates that about 500 fewer blood drives than usual were hosted by volunteer sponsor groups. With so many people hosting holiday themed events or traveling — AAA estimates that a record 115.6 million Americans traveled during the holiday period — it can become difficult for individuals to find the time to donate.

On average a donation of one pint of blood can be used to benefit up to three patients in need. Donated blood is used to treat medical conditions including anemia, cancer and blood disorders, assist patients going through surgery and even to help new mothers who have lost blood during childbirth.

"You never know when someone you love might end up needing a blood transfusion," said Jaqueline Bakehorn, a family member of a blood donor recipient. "We are so thankful for those who have given blood and would love to see more people donate."

Currently all blood types are needed in order to ensure a reliable supply for patients. Donors are encouraged to schedule an appointment online and bring a blood donor card, driver's license, or two other forms of identification when checking-in.

Donors must weigh at least 110 pounds, be in generally good health and be 17 years old in most states — although 16-years-olds can donate with parental consent.

In order to prepare for a donation, participants are encouraged to eat iron-rich foods, such as red meat, fish, poultry, beans, spinach, iron-fortified cereals or raisins before heading in. Red Cross officials explain that iron is an essential mineral that is a part of hemoglobin — a protein that carries oxygen to the tissues throughout the body — and is required in order to make new blood cells, replacing the ones lost through blood donations.

Donors should also get a good night's rest, drink plenty of water and be sure to digest a healthy amount of vitamin C before donating.

Times vary slightly depending on each person, however the total process of



## STAYING HEALTHY



RJ Cueva draws blood from donor Cassandra Napoli. The actual process for donating blood typically takes about eight to 10 minutes.

registering and donating takes about one hour and fifteen minutes to complete — with the actual drawing of a pint of whole blood taking eight to 10 minutes. On the day of the donation participants are encouraged to wear a shirt with sleeves that can be rolled up above the elbow, drink an extra 16 oz. of water and let staffers know which arm they would prefer to use for donating.

After the donation is complete participants should be sure to enjoy some snacks and relax in a donation center's recovery area, drink an extra four (8 oz.) glasses of liquids, avoid alcohol over the next 24 hours and be sure to tell others about the good deed they've just done. Red Cross officials say "the gratification of giving blood is a feeling you'll want to share" and it may just encourage others to donate.

The Pleasanton Blood Donation Center is located at 5880 W. Las Positas Blvd., Suite

34, across the street from Hart Middle School — it moved from its previous location at Springdale Avenue at the end of March 2019.

Upcoming drives at the Pleasanton Blood Donation Center will be held today, Saturday and Sunday from 7:45 a.m. to 3 p.m., Monday through Wednesday from 11:45 a.m. to 7 p.m. and next Friday from 7:45 a.m. to 3 p.m. The blood center will accept walk-ins if a spot is available, however it is recommended that participants make a scheduled appointment beforehand as the center can get quite busy and space is otherwise not guaranteed.

Donors can search for other Blood Drives, or make an appointment to give now, using the Red Cross Blood Donor App, visiting [www.RedCrossBlood.org](http://www.RedCrossBlood.org), calling 1-800-RED CROSS (1-800-733-2767) or through enabling the Blood Donor Skill on any Alexa Echo device. ■



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The Pleasanton Blood Donation Center is now located at 5880 W Las Positas Blvd., having moved from its previous location on Springdale Avenue last year.



# Discover Diablo — a free hikes program

Enjoy wild lands, open spaces, breathtaking views

BY DOLORES FOX CIARDELLI

Looking for a nearby activity that is good for the mind, body and soul — and is free? Check out this year's Discover Diablo, a public hike series by Save Mount Diablo that offers guided interpretive family walks, hikes and property tours open to everyone looking to get out in nature.

The 24 events in 2020 will take place on a Save Mount Diablo property or on land that it helped to protect, as participants explore the Bay Area's wild lands and open spaces.

Save Mount Diablo is a land trust founded in 1971 to preserve Mount Diablo's peaks, surrounding foothills and watersheds through land acquisition and preservation strategies. Its members are biologists, conservationists, hikers, bikers, equestrians, bird watchers — and people who just love to look at the mountain.

"It is the goal of the Discover Diablo program to build connections between people, Save Mount Diablo and the land, helping our communities develop a strong sense of place and a deepened appreciation for our collective back yard," said Ted Clement, executive director of Save Mount Diablo.

Through this hiking program, Save Mount Diablo intends to reach new audiences and build its membership base of outdoor enthusiasts. The goal is also to spark a passion



RYAN J. DEGAN

Discover Diablo helps residents learn about the Diablo Range habitat.

for the Diablo Range and to help people deepen their connections to the land and nature.

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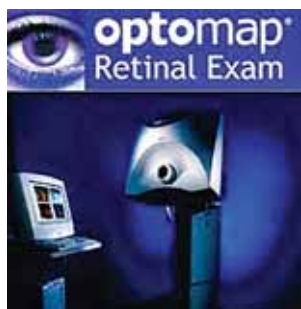


ROXANA LUCERO

Hikers enjoy the trails on a guided hike through Perkins Canyon during the Save Mount Diablo hiking series.

## Discover Diablo Guided Hikes

- Jan. 25:** Mary Bowerman Birthday Hike
- Feb. 1:** Shell Ridge Open Space Hike
- Feb. 22:** Oak Woodland Hike
- Feb. 29:** Wildlife Connectivity Hike
- March 14:** Connect With Nature Hike
- March 21:** Wildflowers on the Equinox Hike
- March 28:** Morgan Territory Wildflower Hike
- April 4:** Curry Canyon Ranch Photography Skills Hike
- April 11:** Irish Canyon Audubon Hike
- April 26:** Mangini Ranch Wildflower Hike
- May 2:** Mitchell Canyon Medicinal Herb Walk
- May 7:** Curry Canyon Ranch Mt. Diablo Audubon Hike
- May 9:** Mitchel Canyon Wildflower Hike
- June 6:** Small Wonders along the Trail
- July 11:** Wright Canyon Evening Property Tour
- Aug. 1:** Mangini Ranch Meditation Hike
- Sept. 19:** Mitchell Canyon Tarantula Hike
- Oct. 10:** Borges Ranch Fall Hike
- Oct. 25:** Black Diamond Mines Halloween Hike
- Nov. 7:** Curry Point to Balancing Rock Hike — Great Views with Only Modest Effort
- Nov. 14:** Irish Canyon Audubon Hike
- Nov. 21:** Big Bend Property Tour
- Dec. 5:** Winter's Transformations in the Oak Savanna
- Dec. 19:** Pine Creek Loop Hike.



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Dr. Emil Eyvazzadeh (fifth from right) has delivered about 10,000 babies in his 30-year-plus career as a doctor, including all 10 of the Karleskind children who were reunited with the doctor during a special event at San Ramon Regional Medical Center.

## Treasuring the moment

Family reunites with physician who delivered all 10 children

BY RYAN J. DEGAN

During his long career as a doctor, Emil Eyvazzadeh estimates that he has delivered about 10,000 babies.

An OB/GYN at San Ramon Regional Medical Center since its opening in 1990, Dr. Eyvazzadeh says he has been working in his profession for so long that he is now delivering babies for the babies he delivered more than 30 years ago.

The experience that has come through this long career is perhaps appreciated by none more than Eric and Maya Karleskind, an Alamo couple who had all 10 of their children delivered by Eyvazzadeh.

“Dr. Eyvazzadeh is a wonderful doctor. He is very calm, reassuring, attentive, serious and professional,” Maya Karleskind said of the longtime doctor. “We have always said that we wished he could be our pediatrician, general practitioner, dentist, ophthalmologist.”

“Most patients develop a special attachment to their OB/GYN because of the nature of our job,” Eyvazzadeh added. “For the Karleskind family, I am so lucky that I was able to be present for all 10 deliveries of their kids. When the time came, the family wanted to make sure I was available for each delivery. We definitely developed a special bond throughout the years. I was very lucky to be present for all 10 births.”

All 12 members of the Karleskind family were able to meet and reconnect with Eyvazzadeh at San Ramon Regional, when the group gathered for a special reunion event on Dec. 30.

The Karleskinds have 10 kids in total: first up is Eric Jr. who is 20 year old, followed by Etienne (19), Édouard (17), Maximilien (17), Christoph (16), Marie-Catherine (14), Claire (11), Gregoire (7-1/2) Clotilde (6) and last but not least 3-year-old Emile.

The family first went to Eyvazzadeh prior to the birth of eldest son Eric, at the recommendation of Maya’s sister-in-law Lisa. Eyvazzadeh has delivered six of Lisa’s children and

had a good reputation with the family as a professional and helpful doctor.

Maya said they did not intentionally plan to have him deliver all 10 of their children, but that they always prayed that he would be on-call when the time came. And perhaps through a combination of luck and providence, Eyvazzadeh was never sick or away on other business when the time came to deliver.

“I was very young and my English was not very good. Eyvazzadeh was very patient. He took his time to explain things properly,” Maya said of her first time. “He always took the time to explain everything, even when I was asking things he already explained. He has always been very respectful of our choice to have many children.”

The Karleskinds’ have such a high opinion of the doctor, they even went so far as to name their 10th child Emile after Eyvazzadeh — Maya explained that they added an “e” at the end of his name because they preferred the French spelling.

“He said that the rule in the hospital was that if you did not pick the name of your child within an hour of the birth, he had to be named after the doctor. He was joking, of course, but we thought it would be a beautiful way to honor such a wonderful doctor,” Maya said.

Eyvazzadeh says it is this type of human connection that keeps him energized and passionate about helping bring life into the world.

“It’s amazing when I see my patients from years ago and they stop me and say, ‘My mom told me you delivered me 30 years ago.’ It’s always very touching,” Eyvazzadeh told the Weekly. “This profession is very special because you have that human bond with your patients, and truly become a part of their family. Doing this day in and day out, I get so much energy delivering babies. I see them cry. I see them laugh. I see them grow. It’s all about life and I treasure every moment.” ■

## HIKES

Continued from Page 14

“We want to cultivate a love of the land in participants, as that is what it will take to ensure the precious Mount Diablo natural area is taken care of for generations to come,” Clement said.

Discover Diablo hikes, which are for all ages and skill levels, are guided by knowledgeable staff and experienced volunteer hike leaders. Some of the properties hiked in the program are not yet open to the public, so participants have special opportunities to visit breathtaking landscapes rarely seen.

Shell Martinez Refinery is sponsoring the

program for the fourth year.

“We hope that people will enjoy learning more about the diverse habitats and the striking vistas while spending time outside with their families and friends,” said Ann Notarangelo, the refinery’s external relations manager.

Registration is required for the hikes and tours. For a schedule, go to [bit.ly/Discover-Diablo-Hikes-Calendar](http://bit.ly/Discover-Diablo-Hikes-Calendar).

The hikes kick off this Saturday with an easy, 1-mile jaunt that circles the Mount Diablo peak just below the summit, for 360-degree views. Although the hikes are free, parks charge entrance fees.

To learn more about the land trust, visit [www.savemountdiablo.org](http://www.savemountdiablo.org). ■



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