



## First Response Alerts

### Paramedic Angel Pin Makes a Heartwarming Gift



Donors who make a memorial, tribute, or general donation of \$100 or more may choose to receive a handcrafted Paramedic Angel Pin, the first in a collection of new Medic One Foundation commemorative gifts. Paramedic Angel Pins can be mailed to you or sent to a friend or family member, and make a heartwarming birthday, anniversary, or Memorial Day gift. To order, use the enclosed gift envelope or visit our website at [mediconefoundation.org](http://mediconefoundation.org)

### You are Invited...

to visit our updated website! Go to [mediconefoundation.org](http://mediconefoundation.org) and let us know what you think. Submit your comments on the 'Contact Us' page and you will automatically be entered in a drawing to win a prize!

## Everything Went Nightmarishly Wrong, Then Miraculously Right

What happened to then 7-year-old Lily James on Lake Washington two summers ago is almost unimaginable. In a split second, everything went completely and nightmarishly wrong. But then, the moment after tragedy struck, everything went completely and miraculously right.



On July 28, 2009, Seattle was enduring a severe heat wave, and temperatures that day reached the high 90s. Lake Washington was full of boaters, including Greg and Carol James and their three children. After hours of tubing with friends, the family was heading back home in their ski boat.

Greg James recalls, "A big three-person inflatable was secured on the back of our boat, and its long tow-rope was coiled on the deck near Lily. We were going about 30 miles an hour when somehow the inflatable got loose. It caught the air like a big sail, and it suddenly flew straight back with great force.

Lily's feet were caught in the coil, and she was yanked out of the boat.

"I didn't see it happen. Carol screamed. I looked back and saw Lily in the water behind us in her life jacket. I backed up the boat as fast as I could and dived in. She was so still, I feared she might be dead. She was unconscious and floating face down."

Lily James's first stroke of luck that day was the fact that her dad is a former Navy rescue swimmer who's also had Red Cross lifeguard training.

"I got her head out of the water and was able to revive her," Greg says. "She was very groggy but she was breathing. I got her back to the boat. It wasn't until I lifted her up that I saw all the blood."

The rope had cut Lily's left ankle to the bone, but the bone was intact. Her right foot, however, was almost completely severed, held

**"I looked back and saw Lily in the water behind us in her life jacket."**

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in place by just a few tendons. Lily's blood gushed over the boat's rear deck.

Using each hand as a tourniquet, Greg encircled Lily's ankles and squeezed to stem the flow of blood. As Carol sped the boat toward the nearby Mercer Island Beach Club, she called 9-1-1.

In recalling that day's events, this is where Greg becomes most emotional. "Lily never lost consciousness in the boat," he says. "But she was so scared, and she kept repeating, 'Daddy, don't let me die.'"

As the family approached the beach club, they hollered that they needed medical help. In another stroke of luck, three or four doctors were at the jam-packed club with their families, and ran to the dock to help.

**"Before the accident, I didn't fully grasp what superior Medic One services and trauma care we have here."**

Greg remembers the scene as a blur. The dock loaded with people. Blood everywhere. Loud gasps. Parents shielding children's eyes. More commotion when someone fainted. Paramedics arriving quickly.

In yet another remarkable turn of events, when 9-1-1 dispatchers radioed out the call, Dr. Michael Copass was working in his garden at home, near the beach club. He heard the call on his scanner and immediately drove to the scene. When paramedics arrived, Copass — who ran Harborview's emergency services for 35 years and who is currently the medical director for Seattle Medic One — was already on the dock.

"They were very fast to stop the bleeding, hook Lily up to an I.V. and get her in the Medic One rig," Greg recalls. "The Bellevue paramedics, Derik Pope and Phil Pierson, were great — so calm and professional."



As paramedics treated Lily, Copass made a call to Harborview, to Dr. Nicholas Vedder, a specialist in reconstructive surgery and microsurgery. Copass explained the severity of Lily's injuries and asked Vedder to clear his schedule.

Lily underwent eight hours of surgery with Vedder and Dr. Robert Dunbar, an orthopedic surgeon. "One big challenge was that a large artery was gone," Greg explains, "so they harvested an artery from her thigh. The question was would they be able to get blood going through that foot or not? That first night, I was pretty sure Lily was going to lose her right foot. We did a lot of hugging and crying in the hospital that night."

Lily endured a long hospital stay, several surgeries, and many weeks in a wheelchair and on crutches. But today, she has full use of both feet. She runs, plays tennis, and skis.

The James family realizes how extraordinarily lucky Lily is. "Honestly," Greg says, "if this injury had happened any other place on the planet, I don't think Lily would have her foot. Before the accident, I didn't fully grasp what superior Medic One services and trauma care we have here. We'll always be grateful."

**Do you have a Medic One life-saving story to share? Visit the 'News & Events' section at [mediconefoundation.org](https://www.mediconefoundation.org) to submit your story and see others.**

## Medic One Leads Nation in Successful Intubations

Thanks in great part to Medic One Foundation supporters, Medic One leads the nation in yet another area of pre-hospital emergency medical care. Medic One has an overall success rate approaching 99 percent for endotracheal intubation (ETI) — inserting a tube into the windpipe to clear the airway and help breathing. Typically in the U.S., successful placement occurs about 75 percent of the time. The need for ETI can be urgent because a clear airway is needed to deliver oxygen; successful placement early during an emergency before the patient reaches the hospital can mean the difference between life and death.

In February 2011, the *Journal of Emergency Medical Services* published an article written by Medic One collaborators titled “Training for Success: Strategies and Core Components to Improve Airway Management.” The article outlines how Medic One has achieved such an extraordinary success rate in the intubation of patients prior to hospitalization. The design and philosophy of our regional Medic One system is a major reason for this success; however the writers also credit rigorous training, continuous education, and evaluation –

programs supported by the Medic One Foundation. In their first month of training, Medic One paramedic students receive six hours of classroom instruction on airway management, plus 12 hours of intubation practice on airway manikins. Then they spend 40 hours in the operating room at Harborview Medical Center gaining airway management skills, and more time in the operating room at Seattle Children’s. Each ETI is assessed, and training doesn’t end when an EMT becomes a paramedic. Paramedics who do fewer than 12 ETIs in the field in a given year return to Harborview to successfully complete the required number of procedures.

To view the complete article, please visit the ‘News & Events’ section of our website, [mediconefoundation.org](http://mediconefoundation.org).



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## Paramedic Training Class #37



Eighteen students representing emergency service providers throughout our region are enrolled in this

year’s Medic One Paramedic Training Program. The program consists of 2,500 hours of rigorous training, including classroom instruction, clinical rotations at Seattle Children’s, UW Medical Center and Harborview Medical Center, as well as extensive field training supervised by experienced senior paramedics.

### Class #37 Roster:

**Bainbridge Island Fire Department:** Peter Redinger. **East Jefferson Fire and Rescue:** Trevor

Bergen, Justin Clouse. **Everett Fire Department:** Tim Kelly, Eric Studerus. **King County Medic One:** Todd Merry, Robert Richards, Jake Rosenblum. **Lynnwood Fire Department:** Kevin Miller. **Marysville Fire Department:** Michael Lewis. **Seattle Fire Department:** Mark Chapa, Ryan Ellis, Pat Kyles, Shannon Martin, David Stonich, John Vignos. **Shoreline Fire Department:** Doug Locken. **Whatcom County Fire District #5 – Point Roberts:** Nick Kiniski.

**Help support the Medic One Foundation with your gift to purchase the following items:**

<b>Medical textbooks for one student:</b>	<b>\$800</b>
<b>Medical equipment for one student:</b>	<b>\$160</b>
<b>One hour of physician instruction:</b>	<b>\$50</b>

## Local Business Helps Distribute the Vial of L.I.F.E.

The relationship between Barrier Motors in Bellevue and the Medic One Foundation began two years ago at a Woodinville Rotary meeting. There Jorge Gonzalez, CFO for Barrier Motors, heard a presentation about the Foundation and learned some things he didn't



know. "I was very impressed with the presentation. I didn't know we

have the best emergency services in the world," he said. When he found out about Medic One Foundation's Vial of L.I.F.E. (Lifesaving Information for Emergencies) program he knew he wanted to get involved. Gonzalez said that Patty Barrier, director of community affairs for the company, played an important role in the decision to support the vials. Barrier Motors purchased more than 300 vials for their employees. The 5-inch "prescription" plastic vial contains medical forms with key information about an individual's medical history in the event of an emergency. The vial is kept in the refrigerator where emergency responders have been trained to look for it.

The relationship deepened in 2010 when Barrier Motors sponsored the distribution of 500 vials to provide the City of Bellevue's Aging Services Program with vials for low income individuals and the elderly. "This is really something that doesn't take a lot of money to make a big impact. If you save one life, the investment is well worth it," he said. Gonzalez said that for Barrier Motors to support the vials and to work with the Foundation was easy once he understood how the program works.

To sponsor the distribution of vials in your community, or to purchase vials for your employees, contact Page Peterson at (206) 744-9426 or visit the 'Our Programs' section of our website at [mediconefoundation.org](http://mediconefoundation.org).

### Did you update your information?

If you have a Vial of L.I.F.E., please remember to update your medical information form whenever your medication or health status changes. New forms are available on our website at [mediconefoundation.org](http://mediconefoundation.org).

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## Your Donations Help Support Life-Saving Equipment Grants

Thanks to your support, the Medic One Foundation is able to award matching grants this year totaling \$44,452 to the following agencies:

**Bellevue Fire Department**, five pediatric immobilization devices and six BabyBoards

**City of Snoqualmie**, one stair chair

**King County Fire Department #45, Duvall**, two stair chairs

**Kitsap County Emergency Medical Services and Trauma Council**, four airway manikins, an ECG simulator, and intubation equipment

**Mukilteo/Lynnwood Fire Department**, one defibrillator

**Port of Seattle Fire Department**, five backpack-style first aid and oxygen bags

**Seattle Fire Department**, upgrades for nine defibrillators

**Snohomish County Fire District 4, Snohomish**, training textbook and an airway trainer manikin



*"The addition of this piece of equipment will greatly enhance our ability to efficiently extricate medical patients down stairs while increasing the safety of our responders. Without the support from the Medic One Foundation, our Fire Department would not be able to obtain this valuable piece of medical equipment."* – Snoqualmie Fire Chief Bob Rowe

## Fire Station Reunion Celebrates a Life Saved

Peris Joyner was eager to thank the people who'd brought him back to life.

He suffered sudden cardiac arrest on July 18, 2009, in the midst of opening-day crowds who were checking out Sound Transit's new light-rail connection to the airport. Peris and his wife of 30 years, Carlla, boarded the train underground at Seattle's Westlake Center. He immediately began feeling bad. He stood up and told Carlla, "I need to get off this train now!" As soon as the train's doors opened at the underground Pioneer Square Station, Peris stepped out and collapsed.

A stunned Carlla sat on the ground cradling Peris's head. A quick-thinking Sound Transit employee immediately took control, starting hands-only CPR and directing others to call 9-1-1. An EMS team from Station 10 near Pioneer Square reached Peris in the tunnel just 3 minutes and 45 seconds later. Paramedics Dan Bachmeier and Scott Helfrich



**Peris Joyner and his wife Carlla were recently reunited with the Station 10 paramedics who saved his life: Dan Bachmeier, left, and Scott Helfrich.**

shocked Peris's heart three times before it began beating on its own. In the meantime, the Medic One unit drove down the train tracks of the tunnel to reach him. Peris immediately received a therapeutic hypothermia treatment and was transported to Harborview, where he was kept in a medically-induced coma for several days. Eventually he received a bi-ventricular pacemaker and defibrillator.

After his recovery, Peris contacted the Seattle Fire Department and requested the names of the paramedics who'd saved him. He tracked them down and thanked them on Facebook. Then Station 10 arranged for an in-person reunion at the firehouse, including breakfast with the crew and a station tour for the Joyners. It took place on January 29, 2011 — just after Peris's 57th birthday. "I also considered it my

second birthday, thanks to these guys," Peris said. "I just wanted a chance to meet everyone in person, shake their hands, and say thank you for saving my life."

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## \$1 Million Fund Honoring Dr. Michael Copass Close to Goal!



**Dr. Michael K. Copass**

You can help ensure the future of our region's outstanding paramedic training program with a gift to the Michael K. Copass, MD Endowed Fund for Paramedic Training. The \$1 million campaign began two years ago and gifts totaling \$740,000 have been donated to date.

Created in honor of Dr. Michael Copass, the Seattle physician known worldwide for his pioneering work in pre-hospital emergency care, the endowed fund's principal will never be spent. The interest it generates will help cover costs for training drills, medical books, state-of-the-art equipment, training aids and lab

supplies — plus honorariums for guest lecturers and physician instructors.

Dr. Copass currently serves as Director of the Medic One Paramedic Training Program and Medical Director of Seattle Medic One. He recently retired as Director of Emergency Services at Harborview Medical Center, a position he held for 35 years.

As a result of his dedication and service, our region's Medic One system is now considered to be the gold standard for emergency medical care in the United States.

Your gift to the endowed fund will establish a consistent source of revenue to train paramedics now and in the future, while honoring Dr. Copass's extraordinary service to our community. To donate or learn more, please visit the 'Ways to Help' section of our website, [mediconefoundation.org](http://mediconefoundation.org).

# SAVE THE DATE

LIGHTS! SIRENS! AUCTION!



**LIGHTS!  
SIRENS!  
AUCTION!**

**KEEP THE  
BEAT  
ALIVE**



## October 14, 2011

Join Auctioneer David Silverman, Special Guest Announcer Patti Payne of the Puget Sound Business Journal, and Honorary Chair Judy Maleng for a night of great dining, silent and live auctions, and dancing to the soulful sounds of Type A! The event will begin at 6:30 p.m. at the Sheraton Seattle Hotel. Tickets are \$150 per person and \$1,500 for a table of ten. For reservations, please call 206-744-9425 or visit the 'News & Events' section of [mediconefoundation.org](http://mediconefoundation.org). To sponsor, donate an auction item, or volunteer, contact Page Peterson at 206-744-9426.



Spring 2011

WE WILL NEVER STOP LOOKING FOR **NEW WAYS** TO SAVE LIVES

**Medic One Foundation**

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