

DISPATCH

MEDIC ONE FOUNDATION

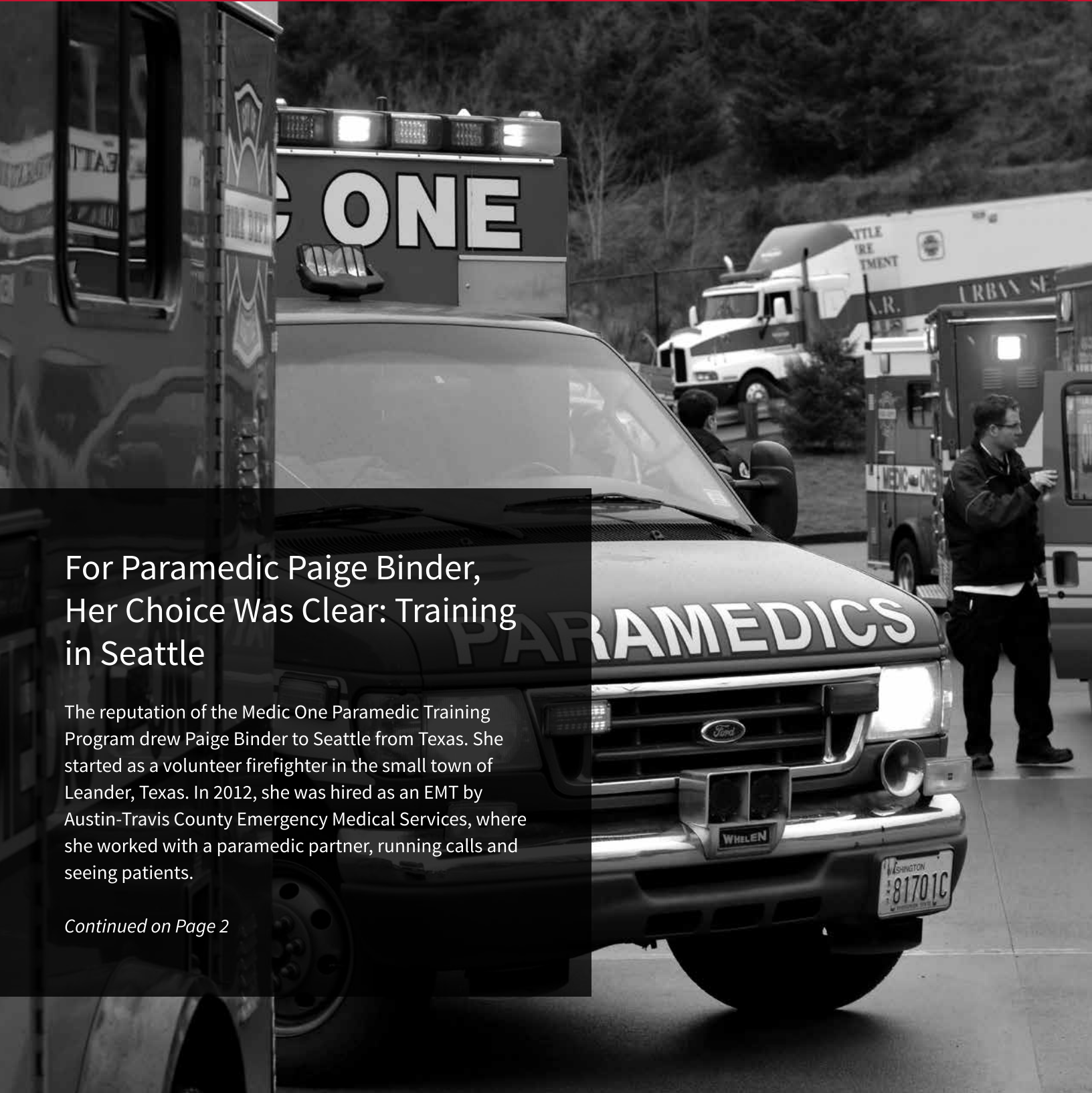
Newsletter Spring 2018



For Paramedic Paige Binder, Her Choice Was Clear: Training in Seattle

The reputation of the Medic One Paramedic Training Program drew Paige Binder to Seattle from Texas. She started as a volunteer firefighter in the small town of Leander, Texas. In 2012, she was hired as an EMT by Austin-Travis County Emergency Medical Services, where she worked with a paramedic partner, running calls and seeing patients.

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Paige (left) joins her fellow King County Medic One paramedic students Erich Hartmann (middle), and Andrea Conley (right) for their graduation photo.

“A big part of the training program in Seattle is the extensive amount of time students are on the Medic units with senior paramedics.”

Paige updates emergency room personnel on the condition of her patient while en route to the mock-hospital during a paramedic training drill.

Over time, her career choice became clear, and so did her path to get there: paramedic training in Seattle. Paige wouldn't have been able to follow her dream of becoming a paramedic while living in Texas. Her mother has health problems due to a stroke, so it wasn't possible for Paige to go to school, work full time, and care for her mother. Here, Paige was hired by King County Medic One and immediately sent to the Medic One Paramedic Training Program, where her tuition was funded by the Medic One Foundation.

“A big part of the training program in Seattle is the extensive amount of time students are on the Medic units with senior paramedics. There's a lot of patient contact. You start clinical skills very early, doing IVs right away and intubation around


the third month. The instructors and senior paramedics push us to lead the emergency call early on and to start thinking like a paramedic from the very beginning,” Paige says. She remembers a day when she and her classmate, Ben, made a real difference in a man's life.

“We had a patient who had hyperkalemia; we thought he was about to go into cardiac arrest,” says Paige. Hyperkalemia happens when the potassium level in a patient's blood is too high. It can lead to life-threatening heart arrhythmia. This patient had kidney disease, which increased his risk.

“He was unconscious; Ben and I hooked him up to a monitor, realized what was going on; we put in an IV to push calcium, sodium bicarbonate, and albuterol,” remembers Paige. “We could actually see the medication working on the monitor; he became alert and could talk to us.”

On that call, as always during training, the senior paramedics were ready to step in if necessary, but Paige and Ben handled the call themselves. “It's huge to be in a system and a program that works this way. I'm grateful that the donors to Medic One Foundation make an investment in us; I wish more places did that.” Paige and her classmates graduated last July and are on the streets in King and Snohomish counties saving lives.

Paige is one of two paramedics from Class 43 that were generously funded by Mirabella Seattle residents & the Mirabella Foundation.



Donations Purchase State-of-the-Art Equipment for Paramedic Students

Paramedic Training student Mark Pan from the Bellevue Fire Department practices intubating an unresponsive patient with one of the state-of-the-art training manikins at the Mega Code drill on Bainbridge Island.



Students in the Medic One Paramedic Training Program recently began training with two new LifePak 15 defibrillators and two state-of-the-art training manikins, thanks to the generous support of the Emerald Heights Retirement Community residents, The Foster Foundation, Microsoft employees through their GIVE Campaign, Leonard Nelson, and our Medic One Foundation donors who responded to a special appeal.

The manikins create real-life emergency medical scenarios, giving paramedic students the opportunity to practice their life-saving skills in a stressful, simulated environment. Students learn how to start IVs, practice intubation, and enhance their CPR skills. The new defibrillators provide critical practice for the students to master the “art” of resuscitation from cardiac arrest—the most crucial and challenging skill they achieve.

Save the Date

LIFESAVERS GALA 2018

Phantom of the Opera Masquerade

Friday, October 19, 2018 | 6:00-10:00 PM
Meydenbauer Center | Bellevue, WA

We are so proud to announce the 2018
Gala Co-chairs, Effie and Kevin Gleason

Emcee, Patti Payne
Auctioneer, David Silverman

To sponsor, donate, or purchase tickets,
contact Kim Martin at (425) 625-2137.

Find a mask and wear it well so your true identity no one can tell.

Roaring 20's Lifesavers Gala Was a Huge Success!

More than 450 flappers and dapper gents gathered on October 27 for our annual Lifesavers Gala. With a backdrop of classic cars and art deco, we exceeded our goal and fully funded the education and training of 24 new Medic One paramedics for our region.

Our sincere thanks to the following sponsors and in-kind donors who helped make the 2017 Lifesavers Gala such an overwhelming success:

Gold Sponsors

Alaska Airlines
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Clise Properties, Inc.
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Iron Springs Resort/Effie and Kevin Gleason
Pacific Rim Medical Systems, Inc.
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J-NH Wine Group
 Karma Vineyards
 Heather & Ken Kelley
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 Jennie & Tony Locati
 LeMay American Car Museum
 Luisa's Mexican Grill
 Lynnwood Ice Center
 Macrina Bakery and Cafe
 Mayflower Park Hotel
 Steve & Kim Martin
 Matthews Winery
 John McGary
 Doug & Jan Milligan
 Museum of History & Industry
 Museum of Pop Culture
 Diane Najm
 Navigate Photography LLC
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 Northwest Outdoor Center
 Sara & Kevin Oshikawa-Clay
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 Pacific Northwest Ballet
 Pacific Science Center
 Paper Scissors on the Rock
 Craig & Cassandra Peterson
 David Pedras
 Phinney Ridge Cabinet Company
 Pike Brewing Company
 Varlamos Pizzeria
 PlayDate SEA
 Portage Bay Cafe
 Potentrx
 PRO Sports Club
 Ray's Boathouse
 Linda Reeder
 Red Carpet Valet
 Redhook Brewery
 Remlinger Farms
 Jeff & Katie Richey
 Rick Rizzs
 Ride the Ducks
 Riverbend Golf Complex

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Russell's Restaurant
Salty's Seafood Grills
Faye Sarkowsky
Seafair
Seattle Gymnastics Academy-
Columbia City
Seattle Mariners
Seattle Marriott Waterfront
Seattle Sounders FC
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Stottle Winery
Warren Stickney
The Boiler Room
The Cheesecake Factory
The Herbfarm Restaurant
The Museum of Flight
The Plateau Club
The Skin Care Lounge
The Summit at Snoqualmie
The Westin Seattle
The Woodhouse Wine Estates
Peter Van Oppen
Virginia Mason Medical Center
Watershed Pub & Kitchen
West Seattle Thriftway
Wild About Cars Garage
Woodland Park Zoo



Medic One paramedic students, along with Redmond Fire Department firefighters/EMTs, assess and treat a young infant during the Paramedic Training Pediatric Drill.



Paramedic student, Andrew McLaurin from Snohomish County Fire District 1, arrives at the mock-hospital after transporting a young child suffering from a medical emergency at the Paramedic Training Pediatric Drill.



Winning team, Team Fo’Sizzle “We Are One. Medic One,” rallied together to raise over \$25,000 for the Hotshot Crew Challenge.

Hotshot Crew Challenge Teams Raise Nearly \$80,000

We are happy to report to our Medic One Foundation supporters that last year’s Hotshot Crew Challenge, our online social media fundraising campaign, held in October of 2017, brought in more money than it ever has, under the guidance of two prime community and business leaders: Stacy Jones, Owner of Realogics Sotheby’s International Realty, and Stacy Lill, Co-Founder/CEO Cashmere Partners & Founder O Wines, who co-chaired the campaign.

Under Jones and Lill, nine teams of more than 30 business and civic leaders from throughout King County partnered with local fire departments to compete in the Medic One Foundation’s Hotshot Crew Challenge. And, within just ten days of online voting, those teams raised nearly \$80,000—enough money to push us to the goal line of fully funding the current class of 24 paramedic students. “We were thrilled to partner with the Medic One Foundation in raising funds for the world-class training our local first responders receive,” said Jones. “Like their high-tech training, this is a high-tech contest—involving every aspect of social media to see which of our teams can raise the most money in ten days,” she said. “This is fun with a purpose—and that purpose is saving lives.” said Lill. “Our region’s Medic One paramedics achieve a survival rate for sudden cardiac arrest that is double the national average because of the rigorous training and education they receive.”

The winning team, Team Fo’Sizzle “We Are One. Medic One,” raised over \$25,000, and presented the Redmond and Woodinville fire departments each with a \$5,000 check to purchase and update CPR training manikins for their fire personnel. Meanwhile, we are thrilled to report that Jones and Lill have agreed to co-chair the Hotshot Crew Challenge campaign again this year, and are already working with Medic One Foundation on the project.



Left to right: Michelle Davis, Redmond Fire Department Firefighter/EMT; co-chairs Stacy Lill and Stacy Jones; Skip Boylan, Redmond Fire Department Paramedic; Josh Peebles, Redmond Fire Department Paramedic.



A Life-Saving Gift for All Occasions... Holidays, Birthdays, Anniversaries, Memorials

When you wish to honor someone special, commemorate the memory of loved ones, cheer-up sick friends, or simply tell someone how much you care, please consider making a Tribute Gift to the Medic One Foundation.

Your thoughtfulness will be appreciated, and your generosity will ensure that our region's Medic One paramedics are the best-trained, the most qualified, and the most prepared to save lives.

Upon receipt of your Tribute Gift, a distinctive acknowledgment card will be sent to the individual or family of the individual being honored. To make a Tribute Gift, use the enclosed gift envelope, visit our website at mediconefoundation.org, or call (425) 625-2137.

The following individuals and organizations were honored through a gift to the Medic One Foundation between January 1 and February 28, 2018.

Dave Adair
Ted Baldwin
Roy J. Ballard
Norman G. Bartley
LaVerne Beigel
Leslie Beigel
Donald E. Bennett
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Stephen Wilson
William 'Bill' Wittman

Ben Wood
Rose Yanak
Terry H. Zacharias
Stanley J. Zimmer
Alfred Zunterstein



During the Seattle Trauma Drill, paramedic student, Paul Melkers from the Seattle Fire Department, works alongside Seattle Fire Department firefighters/EMTs, to treat a patient suffering from traumatic injuries.



Live Now, Give Later



Vickie Haase lives well. She's retired, loves to golf, and enjoys travel adventures with her husband. She also knows how suddenly things

can change. Over the past 20 years, Vickie has been very grateful to Medic One teams for the care they've given her family.

Vickie's brother Randy survived a burst brain aneurysm in 1988, thanks to quick intervention. "I couldn't believe he survived," she says. She adds that "Randy had a great life" for another decade.

There were more calls to Medic One in Vickie's future. Her father, Dean, needed paramedics several times when a brain tumor caused seizures. Two years after Dean's death, brother Randy was diagnosed with the same type of tumor, and again, Medic One was there. They came when he fell and needed help during his treatment, just as they had for Dean. In 2015, Vickie experienced one more loss, when her mother Colleen suffered a massive stroke. Vickie realized something was wrong and called Medic One; the team got her to the hospital very quickly. "I'm so grateful for Medic One," Vickie says. "I've always been so impressed with their friendliness, professionalism, and quick action."

Vickie thinks about her father, mother and brother often, and the caring, vital services that Medic One

"I'm so grateful for Medic One. I've always been so impressed with their friendliness, professionalism, and quick action."

provided to them. In gratitude, she decided to become a donor to the Medic One Foundation.

Vickie chose a deferred gift, which will provide a gift to the Medic One Foundation after her death. She made the Foundation a beneficiary on one of her investment accounts. "Fifty percent of it will go to Medic One Foundation," says Vickie, "and it won't have to go through probate, it just pays out immediately."

If Medic One has cared for you or a loved one, please consider supporting the Medic One Foundation with a deferred gift. One of the easiest and most flexible deferred gifts is a charitable bequest. You can create a bequest to the Medic One Foundation when you prepare a new will or amend an existing one. Other deferred gift options include designating Medic One Foundation as a beneficiary of your IRA or other retirement plan, a life insurance policy, or a bank or brokerage account.

To learn more about how you can provide critical support for the education and training of our region's paramedics through a deferred gift to the Medic One Foundation, please contact Sara Oshikawa-Clay, sara@mediconefoundation.org or (425) 625-2032.

Your Invitation to Join Our Legacy Society

If you have included the Medic One Foundation in your will or other deferred gift, please let us know so that we can welcome you as a member of our Legacy Society!

- Yes, I have included the Medic One Foundation in my will or other deferred gift arrangement.
 - I am willing to have my name listed publicly as a member of the Legacy Society. My name should appear as follows: _____
 - Please do not list my name publicly as a member of the Legacy Society.
- Please send me information about how to include the Medic One Foundation in my will or other deferred gift arrangement.

Name _____

Address _____

City/State/Zip _____

Phone _____

Please cut and return in envelope provided.

Legacy Society Members

We are extraordinarily grateful to the following Legacy Society members who have made a provision for a deferred gift to support the education and training of our region's paramedics:

Carmen R. Allstrom
Meselech Amente
Richard C. Berner
Nancy Buffington
Isabelle N. Dowling
Jean F. Gardner
Cora May Gray
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Ruth A. Sinton
Jan Sprake
Marlene Taylor Houtchens
Neal D. Traven
Alice Twelker



MEDIC ONE FOUNDATION

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Did You Know?

- Medic One Emergency Medical Services (EMS) serves more than 2 million people in Seattle and King County and **provides life saving services on average every 3 minutes.**
- Each year, approximately **1 out of 10 residents in King County will use Emergency Medical Services.**
- Compared to other cities, cardiac arrest **victims in King County are 2 times more likely to survive.**
- **73% of all out-of-hospital cardiac arrests in King County receive bystander CPR,** compared to 46.1% nationally.

The results were published in the Public Health-Seattle & King County Division of Emergency Medical Services 2017 Annual Report and the AHA Heart Disease and Stroke Statistics Update 2016.