

MEDIC ONE FOUNDATION Newsletter | First Quarter 2017

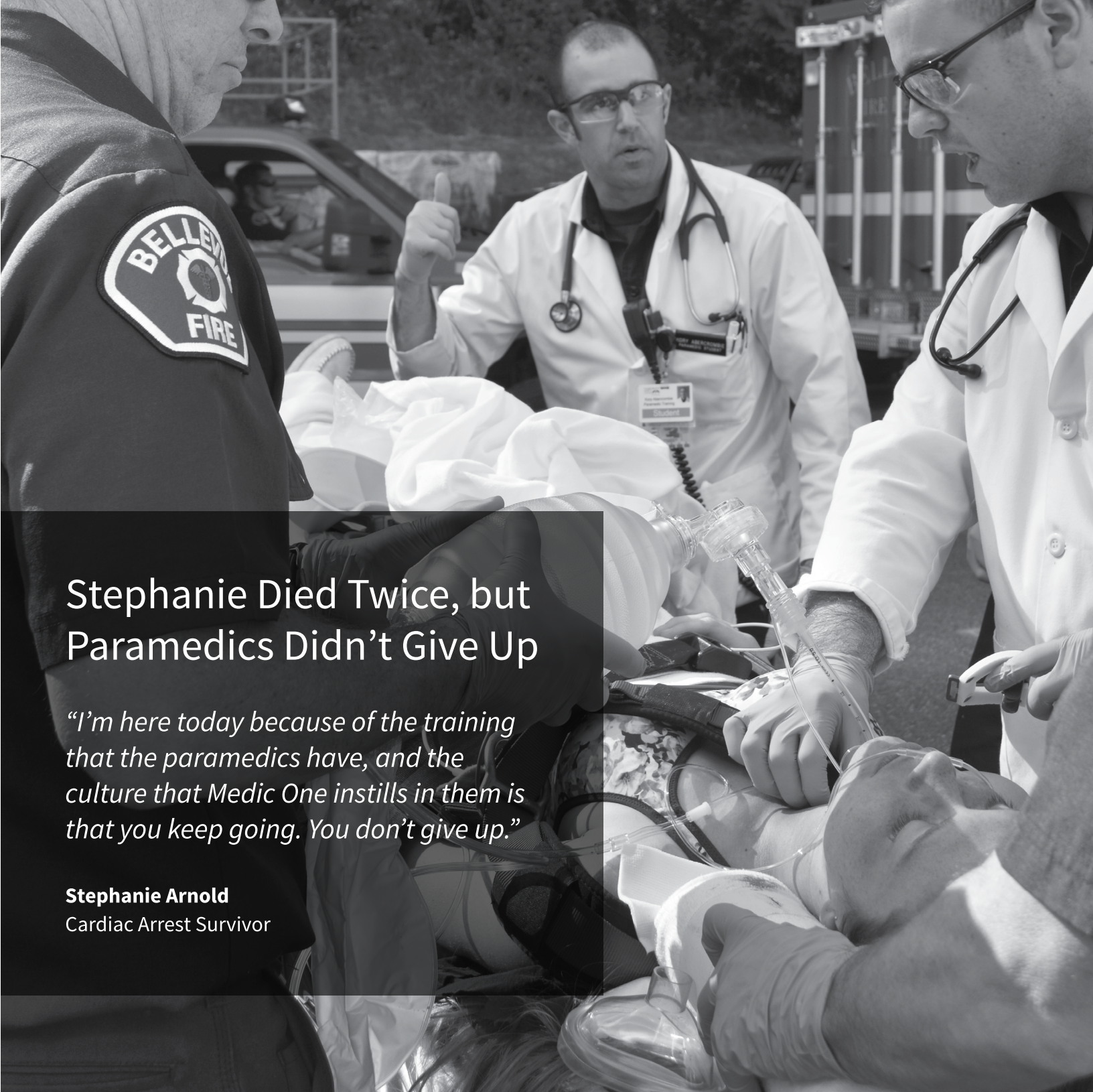
DISPATCH



Stephanie Died Twice, but Paramedics Didn't Give Up

"I'm here today because of the training that the paramedics have, and the culture that Medic One instills in them is that you keep going. You don't give up."

Stephanie Arnold
Cardiac Arrest Survivor



Inside This Issue

LIFE SAVING STORY

- 2 [Stephanie Died Twice, but Paramedics Didn't Give Up](#)

INVESTING IN THE FUTURE

- 3 [Paramedic Brandi Mauck Finally Follows Her Dreams](#)

SPECIAL EVENTS

- 4 [10th Annual Wesco Golf Tournament Benefits the Paramedic Training Program](#)

- 4 [Microsoft Employees Train to be Citizen Responders](#)

- 6 [Lifesavers Gala Unites First Responders and Donors](#)

COMMUNITY PARTNERS

- 5 [Team Isabella Wins 2016 Hotshot Crew Challenge!](#)

WAYS YOU CAN HELP

- 5 [2017 Lifesavers Calendar Sales](#)

- 7 [Your Legacy Will Be a Gift of Life](#)



Stephanie (right) poses for a post-race photograph with her friend after completing her third half marathon in 90 days.

“No one, including Stephanie, knew that she had a birth defect: her right coronary artery was embedded in her heart muscle.”

Stephanie Died Twice, but Paramedics Didn't Give Up

When she was a little girl, Stephanie Arnold's father encouraged her to participate in sports. Not just for fun, but for the excitement of competition. “It was always about competing against yourself and always striving to be the best,” she says. Stephanie loved ice-skating, waterskiing, sailing, and “anything else that would get me outside and moving.” It's a healthy lifestyle that she passed on to her own children, enrolling them in ballet, soccer, baseball, and other sports from a very young age. Stephanie says that it's not about being thin or looking like a model; it's about good choices and encouraging others to be active and healthy. She was the last person anyone would expect to have a heart problem. No one, including Stephanie, knew that she had a birth defect: her right coronary artery was embedded in her heart muscle.

Competitive ballroom dancing led Stephanie to take up running. She needed to build strength for dancing and began working with a personal trainer, who turned out to be an elite marathon runner. Stephanie was intrigued. She

started running with friends and soon started training for half-marathons. As she worked out harder, her heart muscle was expanding; it would eventually cut off blood supply to the right coronary artery and trigger a cardiac arrest. That happened in July 2012, just as Stephanie crossed the finish line in Seattle's See Jane Run half marathon. She still can't remember anything about the race, just waking up in the hospital “and, my parents saying, ‘you had a cardiac arrest. You're at Harborview Medical Center in Seattle.’” Stephanie survived because she was in the right place at the right time. A Seattle Fire Department Medic One team began working on her immediately once they arrived on scene. When her heart continued to go back into ventricular fibrillation, paramedics used a cooling treatment. She was put into mild hypothermia in the field, then into a drug-induced coma by doctors at Harborview. Stephanie was told she died twice, but, “Medic One saved my life, those paramedics who didn't give up, who did CPR for, I've been told, 30-some minutes in the field.”

After surgery to correct her birth defect, Stephanie has gone back to running half marathons. She had some short-term memory problems for a while, which her dad—ever the encouraging coach—helped her overcome. She says that every day is a blessing. She sees the sunrise while running with friends before work, then enjoys the sunset as she goes for an evening sail. Every day is precious to her, and she says she is grateful for every minute of her life. “I'm here today because of the Medic One Foundation. I'm here today because of the training that the paramedics have, and the culture that Medic One instills in them is that you keep going. You don't give up.”



"I didn't regret my decision to stay for my family, but I always wondered what my life would have been like if I could have followed my dreams."

Brandi Mauck
Firefighter/Paramedic
Camano Island Fire & Rescue

Paramedic Brandi Mauck Finally Follows Her Dreams

As a young woman, Brandi Mauck had big plans. She was headed for college on a soccer scholarship, planning a career in sports medicine. But life had other plans, and Brandi never left her hometown. Instead, at 20, she took

her parents to court and won custody of her three younger siblings: two sisters, 15 and 8, and an 11-year-old brother. Brandi says it was the only thing she could do. "I didn't regret the decision to stay for my family, but I always wondered what my life would have been like if I could have followed my dreams." Brandi worked two jobs to support herself and her sisters and brother. Then, at 23, she became a firefighter. It was a whole new level of physical and mental challenges, but, as she says, "I knew I wanted to help people and make a difference." Brandi spent 11 years as a firefighter while her siblings grew up. She married and had a baby of her own. And always, she thought about becoming a paramedic. She was accepted into the Medic One Paramedic Program at Harborview Medical Center in the summer of 2015. "I was ecstatic and nervous at the same time. Finally, after all these years, getting to do something for myself and having the ability to follow my dreams."

While her husband took care of their daughter, Brandi moved into an apartment near Harborview and spent the next 10 months immersed in the program. "You pretty much eat, breathe, sleep the program when you're there; you don't have time for anything else," she says. Brandi and her classmates became best friends as they shared an experience others might not understand. There were classes five days a week, as well as 24-hour shifts, every other day, with Seattle Fire Department's Medic One units. She had rotations at Harborview, Children's, and UW Medical Center in the operating room, OR, labor and delivery, intensive care ICU, burn, and trauma units. She spent time in the coroner's office and a homeless shelter. She says that the "fantastic thing" about the rigorous program is that graduates know exactly what to do in emergency situations, "without even thinking about it."

During Brandi's training, she was already saving lives. She realized her own life had turned out exactly the way it was supposed to be. "I ran quite a few cardiac arrests, quite a few successful resuscitations; I could go back to visit them in the hospital and meet their families. I could see that I was actually making a difference in somebody's life. The paramedic program has been amazing and everything I had hoped it would be and more."

10th Annual Wesco Golf Tournament Benefits the Paramedic Training Program

On August 22, 2016, Wesco Inc., hosted their 10th Annual Golf Tournament with this year's proceeds benefiting the Medic One Foundation. More than 90 golfers played under sunny skies at the Bear Creek Country Club to support the training and education of 15 new Medic One paramedics for our region.

Thank you Wesco Inc. for your amazing support! If your company is interested in hosting a benefit fundraising event to support the Medic One Foundation, please call (206) 744-9425 or email info@mediconefoundation.org.



Microsoft Employees Train to be Citizen Responders

Sudden cardiac arrest (SCA) is a leading cause of death in the United States, accounting for an estimated 325,000 deaths each year—1,000 people a day or one person every two minutes. Effective bystander CPR, provided immediately after sudden cardiac arrest, can double or triple a person's chance of survival.

We are fortunate in Seattle and King County to have one of the highest survival rates for SCA in the world and a community CPR program that has spanned more than 40 years. Yet, only 55% of the witnessed sudden cardiac arrests that occur in Seattle and King County in public places receive CPR from a bystander. That's why Medic One Foundation offers free hands-only CPR to organizations and companies like Microsoft to increase the number of Citizen Responders who can give a cardiac arrest victim the help he or she needs before first responders arrive.

To schedule a CPR training session, please call (206) 744-9425 or email cpr@mediconefoundation.org.

PulsePoint
Get the App. Save a Life.

Sponsored by

EMPLOYEES
COMMUNITY
FUND
OF BOEING



Do You Know CPR? Are You Willing to Save a Life?

Get alerted to sudden cardiac arrests in your immediate vicinity so that you can start CPR in the critical lifesaving minutes before first responders arrive. PulsePoint is free and available for download on the iTunes App Store and Google Play.



Redmond Fire Chief Tommy Smith (left), Seattle Fire Assistant Chief Jay Hagen (center back), Seattle Fire Chief Harold Scoggins (right), and Isabella (center) receive the \$10,000 Emergency Medical Equipment Grant, which was awarded to Redmond Fire Department for winning the 2016 Hotshot Crew Challenge.

Team Isabella Wins 2016 Hotshot Crew Challenge!

Redmond Fire Department's Team Isabella proudly accepted a grant of \$10,000 for winning this year's Hotshot Crew Challenge. The Redmond Fire Department will use the grant to purchase a much-needed child simulation manikin to help train first responders for medical emergencies involving children.

The inspiration for Team Isabella came from 14-year-old Isabella Oosterhof's desire to give back after the Redmond Fire Department saved her life when she suffered a sudden cardiac arrest last year. Team Isabella won against 10 other teams competing in the online voting challenge for the grand prize.

A special thanks to Virginia Mason for generously sponsoring the 2016 Hotshot Crew Challenge!



2017 Lifesavers Calendar Sales

Support your first responders and purchase your very own 2017 Lifesavers calendar, sponsored by Virginia Mason. Each month features firefighters and paramedics who are dedicated to the health and safety of our communities. Each calendar is \$15, which will go towards the training and education of Paramedic Training Class No. 43. To purchase your calendar, please visit our website at mediconefoundation.org.

Lifesavers Gala Unites First Responders and Donors

Nearly 500 donors and first responders from communities throughout our region gathered on Friday, October 7, for the Medic One Foundation’s annual Lifesavers Gala. The event, held at the Meydenbauer Center in Bellevue, surpassed records by raising more than \$430,000 towards our goal of \$600,000 to fully fund Paramedic Training Class No. 43!

Our deepest thanks to the following donors for their overwhelming generosity in supporting the Medic One Foundation Lifesavers Gala:

Captain Sponsors

Bainbridge Island Firefighters Association
Foss Family Foundation
John McGary
Pacific Rim Medical Systems

Lieutenant Sponsors

American Medical Response
Demorest Family
Seattle Children’s
Virgil and Sunni Fassio

Table Sponsors

Braun Northwest, Inc.
Diana DiPietro/Inco Properties, Inc.
NC Machinery Co.
NW Medical Training Group
Physio-Control, Inc.
Seattle Emergency Physicians Services, Inc. PS
Suquamish Clearwater Casino Resort
Swedish Health Services
Wise Patient Internal Medicine
David Carlborn and Judy Rayl

Leonard and Else Cobb
Phillip and Noreen Frink
Kevin and Effie Gleason
Ken and Heather Kelley
Tony and Jennie Locati
Graham Nichol and Elizabeth Cross Nichol
Peter and Kathy Oosterhof
Jeff and Katie Richey
Michael and Diana Sayre
Brian Webster

Auction Donors

Alaska Airlines
Alderbrook Resort & Spa
Alpine Ascents International
Alvin Goldfarb Jewelry
American Dance Institute
American Medical Response
Amy Norman, DDS
Angel of the Winds Casino & Hotel
Anthony’s Restaurants/Coho Cafe
Argosy Cruises
Arnie’s Restaurants

Arthur Murray School of Dance
Associated Emergency Physicians
Auction of Washington Wines
Avennia Winery
Bellevue Club and Hotel
Bellevue Fire Department
Blue Ribbon Cooking & Culinary School
Brown Bear Car Wash
Buca di Beppo
Gary and Catherine Bylund
Chateau Ste. Michelle Winery
Chef John Howie Restaurants
ChefShop.com
Chihuly Studio
Bob Coleman
Columbia Hospitality
Charlie Conner and Anne Simpson
Courtyard by Marriott Kirkland
Crowne Plaza Hotel—Seattle
Alexis Curran
Valerie Dickison
Disneyland Resort
EIG Diamonds



EMP Museum
 Ethan Stowell Restaurants
 Everett AquaSox Baseball Club
 First One Movers
 Flat Iron Grill/The Black Duck
 Four Seasons Hotel—Seattle
 Phillip and Noreen Frink
 Full Tilt Ice Cream
 Garage Billiards
 Georgetown Brewing Co.
 Gordon Biersch Brewery Restaurant
 Scott Gotts
 Great Harvest Bread Co.
 David and Barbara Green
 Heavy Restaurant Group
 Guardian Cellars
 John Hinson
 Peter Holland
 Hoodsport Winery, Inc.
 Hotel Eastlund
 Lem and Pat Howell
 Hyatt Regency Bellevue
 Interbay Golf Center

JaK's Grill
 Kevin Guitron
 Heather and Ken Kelley
 Jennie and Tony Locati
 Luisa's Mexican Grill
 Luna Kitchen and Bath
 Macrina Bakery and Cafe
 Jim Magard
 Kim and Steve Martin
 Annie K. Mauad
 Mayflower Park Hotel
 Lindsey McAndrews Brow Studio
 Andre McGann
 John McGary
 Multi-Fund, LLC
 The Museum of Flight
 Ola Salon and Spa
 Kevin and Sara Oshikawa-Clay
 Pacific Jazz Institute
 Pacific Science Center
 Paula Park
 Phinney Ridge Cabinet Company
 Michael D. Poole

PRO Sports Club
 James and Sherry Raisbeck
 Remlinger Farms
 Jeff and Katie Richey
 Rick Rizzs
 Riverbend Golf Complex
 Salty's Seafood Grills
 Michael and Diana Sayre
 Seattle Mariners
 Seattle Police Department Mounted Patrol
 Seattle Seahawks
 Martin Selig
 Seattle Sounders FC
 Seattle Thunderbirds Hockey Club
 Simone David Barbershop
 Brooks and Kathy Simpson
 Space Needle
 Dick and Patty Spangler
 Tim and Jan Sprake
 Spring Hill Suites—Seattle
 Stevens Pass
 Stickney Research
 Rod Stohler



The following language may be helpful for your attorney: "I give, devise, and bequeath (insert the sum or description of the property) to the Medic One Foundation, MS 359747, 325 Ninth Avenue, Seattle, Washington 98104."

Your Legacy Will Be a Gift of Life

When you include a gift to the Medic One Foundation as part of your estate and financial plans, your legacy will be a gift of life for thousands of people faced with a life-threatening medical emergency. Even if you already have a will, it can often be revised to include a bequest by means of a document known as a codicil.

To learn how to establish your own legacy benefitting the Medic One Foundation, please contact Sara Oshikawa-Clay at (206) 744-9426 or sara@mediconefoundation.org. You are also invited to visit our website at mediconefoundation.org/include-us-in-your-will.

We are grateful to be a beneficiary in the following estates:

Vera P. Cornall	Helen M. Lynch Syvrud	Don A. Serene
Dorothy C. Dorland	Marian E. Lackovich	Evelyn C. Steen
Kathleen L. Dowling	Marion L. Merritt	Walter Zemeck
Loren E. Erickson	Arthur F. Richter	Ellen C. Widmayer
Hazel L. Horowitz	Larry G. Rand	Lavon D. Price
William F. Kipple	Dorothy F. Scholz	