

DISPATCH

MEDIC ONE FOUNDATION

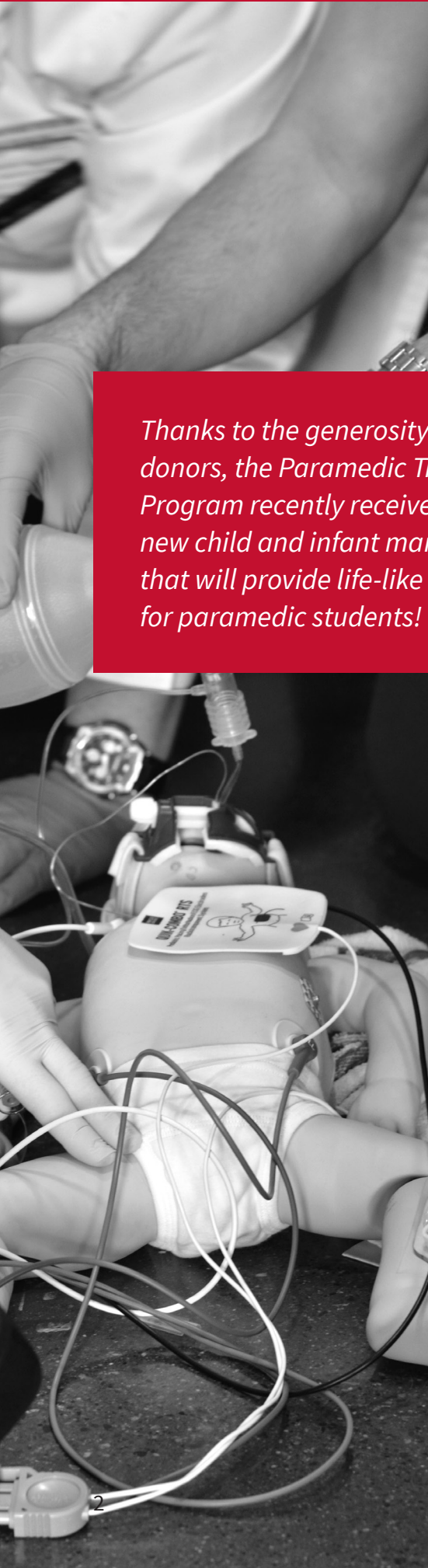
Newsletter Summer 2018



Paramedic Student Ready to Serve Her Small Island Community

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Paramedic Students Train for Pediatric Medical and Trauma Emergencies

A baby, only eight-months-old, is having a seizure. He's twitching, his skin is blotchy, and his heart is beating too fast. His mom is trying to explain that he's fragile, that he has a particular syndrome, but she's too frightened to be completely clear.

Thanks to the generosity of our donors, the Paramedic Training Program recently received brand new child and infant manikins that will provide life-like training for paramedic students!

A two-year-old, left "briefly" in a car by her dad, is crying so hard that paramedics can't hear other lung sounds. A toddler, who fell from a second story window onto concrete, has severe head and chest injuries and may not survive.

There are several more scenes going on today. All of them are very challenging. In this pediatric medical and trauma drill, paramedic students test their skills on very vulnerable "patients." The children are plastic manikins and the parents are actors, but the tension is real.

"Pediatric patients cause a lot more anxiety for paramedics than adult patients. Some of the pediatric patients remind paramedics of their own families, their own children. And, that anxiety stays true throughout their careers," says Dean Brooke, Assistant Director of Paramedic Training.

Pediatric calls are a high risk, low frequency occurrence for paramedics; those calls will be less than two percent of what they'll face in the real world. Students in the class may not experience a real pediatric trauma until after graduation, so this exercise is essential. The Redmond Fire Department coordinates all elements of the drill, in partnership with the Paramedic Training Program.

Pediatric patients differ from adults anatomically. For example, their airways are smaller. Drug dosages are lower. Even when they're conscious, they often can't communicate except by crying. So, this is the place for paramedic students to make mistakes and learn. The fragile eight-month-old, mentioned earlier, needs to have his airway opened right away.

"We want the mistakes to come out now, so we can fix them," says Brooke. "What better place to do that than when someone is watching who can explain what happened, and it's on a plastic manikin, so there are no consequences."



Workplace Giving Season Is Here!

This fall, we hope you'll consider including Medic One Foundation in your choices when giving at work.

There are many ways you can contribute to the Medic One Foundation through your employer, including through payroll deduction, joining workplace giving federations, and participating in internal fundraising events.

Medic One Foundation participates in the following campaigns, as well as many more privately run campaigns:

King County Employee Giving Program—Agency #9390

Washington State Combined Fund Drive—Agency #0315990

Benevity Community Impact Fund—Microsoft, Google, and many more

United Way—Designate the Medic One Foundation in the “donor option” section of your pledge form

Your dollars go a tremendous way towards training Medic One paramedics for our region. Thank you!

Your Donation Provides Life-Saving Equipment

Your gift to the Medic One Foundation's Equipment Fund provides fire departments with the tools they need to respond to life-threatening medical emergencies. The Medic One Foundation recently awarded equipment grants to the following agencies:

Airlift Northwest
King County Fire District 44 (Mountain View Fire & Rescue)
King County Fire District 50 (Skykomish)
King County Medic One
King County Search and Rescue
Northshore Fire Department
Snohomish County Fire District 16 (Lake Roesiger)

Snohomish County Fire District 19 (Stanwood)
Snohomish County Fire District 25 (Oso)
Snohomish County Fire District 26 (Gold Bar)
Valley Regional Fire Authority
Whatcom County Fire District 5 (Point Roberts)
Whatcom County Fire District 7 (Ferndale)

“Fired Up for Medic One” Summer Event Was a Great Success!

On a beautiful Friday afternoon in June, many of our donors joined us for the “Fired Up for Medic One” Mission Fair at the Mercer Island Community & Event Center. Guests enjoyed refreshments and toured the Mission Fair, where representatives from Eastside Fire & Rescue and the Bellevue Fire Department debuted new equipment funded by our donors. Dr. Tom Rea, a research grant recipient, also presented his research on high-performance CPR to improve sudden cardiac arrest survival. During lunch, Dr. David Carlbom, Director of Paramedic Training, introduced the graduating paramedic students, who shared memorable moments from their year of training. It was a great pleasure to host this event, report on exciting program updates, and thank our loyal donors for supporting our lifesaving work.



Save the Date

LIFESAVERS GALA 2018

Phantom of the Opera Masquerade

Friday, October, 19, 2018

5:30-9:30 PM | Meydenbauer Center, Bellevue

Event Co-Chairs

Effie & Kevin Gleason

Emcee

Patti Payne

To purchase tickets, please visit lifesaversgala.org
or call (425) 625-2034.

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



The Lifesavers Gala Needs Your Help!

Auction items are still needed for the Lifesavers Gala! You can help support the Paramedic Training Program by donating an item or gift certificate from your favorite restaurant, salon, local grocery store, or retail store.

The following items are always popular and generate a lot of interest from our bidders:

- Sports game luxury suites, boxed seats, or tickets
- Exclusive behind-the-scenes tours
- Stay in a private vacation home (at least 3 days)
- Concert or theatre tickets
- In-home dinner with a private chef
- Golf lessons with a PGA professional
- Fine or rare wines and spirits
- Electronics—iPad, Apple Watch, Fitbit, Amazon Alexa, GoPro, etc.
- Sports equipment—mountain bikes, golf clubs, snowboard, store gift cards, etc.
- Fine dining gift cards
- Retail store gift cards
- Services—spa, salon, transportation, lessons, etc.

To make a donation or ask questions about your auction item idea, please contact Kim Martin at (425) 625-2034 or kim@mediconefoundation.org.

Paramedic Student Ready to Serve Her Small Island Community

It was the fourth scenario of the Trauma Drill training exercise. The patient had fallen and was impaled on a fence pole. Nicole O’Bryant, nearing the end of her paramedic training, was the lead on this run. Things did not go well with her team. “We did terribly, and our patient died,” said Nicole. “It was a great learning experience.”

While fellow professionals acted as victims—wearing some rather gruesome make-up—paramedic trainees responded as they would in true emergencies. Trainers watched and graded their performances. In this situation, Nicole’s team forgot to give oxygen to the “patient.” And they weren’t the only group to do so.

“It’s a good reminder that we’re getting so wrapped up in our new paramedic skills that we might forget the basics,” Nicole says. It’s a mistake she doesn’t expect to make again.

“Communication is essential for first responders, both in training and when every call becomes real,” says trainer Lieutenant Penny Stone. “We believe in practicing like we play. If you think of something, say it out loud so your partner can hear. Two brains might see something differently.”

When Nicole graduates this summer, she’ll take everything she’s learned back to Lopez Island, where she grew up and has deep family roots. After college, her original plan was to go on to graduate school and become a philosophy professor; that changed when she began working as a volunteer EMT on the island. In June 2017, Nicole was accepted into the Paramedic Training Program at Harborview Medical Center. It felt “very surreal” at first. “The program has such a great reputation; I never imagined I’d have the opportunity to do it,” she says.



Paramedic Training Class 44 Graduates

After nearly a year of rigorous training, classroom instruction, clinical rotations, and extensive field work, 22 paramedics graduated from the Medic One Paramedic Training Program this summer.



“The program has such a great reputation; I never imagined I’d have the opportunity to do it.”

In Seattle, the large volume of calls gives students a wide range of valuable experiences. On a recent run, Nicole had the rare opportunity to do a surgical airway (cricothyrotomy) under the guidance of two senior paramedics. Larry deGroen, a retired Bellevue paramedic who lives part-time on Lopez Island, believes the wealth of knowledge Nicole is getting from the program is phenomenal. “She’ll return home with a high level of confidence in her skills,” he says.

On Lopez Island, Nicole will be working as a single medic, and she’ll manage patients for a longer period of time, as hospitals are farther away. There’s also a good chance she’ll know her patients, so there will be a stronger emotional element than in a larger city. She can’t wait to get started. “I love the quiet and the space, nature, and I really love the strong community where everyone really does look out for each other. It’s how I grew up.”

Nicole’s training will benefit everyone on the island. She’s learning from the best, and she’ll share her knowledge with other paramedics and EMTs. Her patients will get the same level of care as they would in Seattle. She’s very excited to go back home.

“My community and my department had faith in me to come to this training. The closer I get to the end, the more confident I feel, but also humbled by going back to care for the most important people in the world to me and being a brand-new solo medic.”

These students, representing emergency services providers throughout our region, will return to their communities as new paramedics ready to provide advanced lifesaving care for those in need.

Our deepest thanks to our donors for making their training possible. Your support will save lives, and we thank you!



A Grateful Survivor Reunites With the Bellevue Paramedics Who Helped Save Her Life

She knew their names, Michael and Tony. She knew what they'd done for her, but she couldn't remember any of it. Elizabeth Rhodes, a Seattle Times reporter for over 30 years before she retired, wanted to find out more about: the day she almost died, and about the paramedics who saved her life.

One day last January, Rhodes had a bad migraine, so she went upstairs to sleep it off. Her husband, not wanting to disturb her, waited a few hours before checking on her. By the time he found her, she was having a tonic-clonic (grand mal) seizure.

out of nowhere, and my hands started tingling. In five minutes, it was completely gone." She had close to a hundred similar episodes over the next 16 months, but various tests showed nothing wrong. She began keeping a diary to try to find a pattern, but that didn't help. No one realized she was having epigastric seizures, or suspected she might have epilepsy. The last specialist Rhodes saw, a gastroenterologist, misdiagnosed her episodes as anxiety. The day after that appointment was January 5, 2018, when her husband found her having a severe seizure and called 911.



"I was unconscious when my husband found me in the bedroom having a seizure. I didn't wake up for three days."

It was so severe that she'd broken a vertebra. "I was unconscious when my husband found me in the bedroom having a seizure. I didn't wake up for three days. I have no memory of it."

There were warning signs that Rhodes does remember. At lunch one day in October 2016, she started having "the weirdest sensation, a rising feeling in my stomach, an incredible wave of nausea

Mercer Island firefighters and Bellevue Fire Department paramedics responded. Rhodes was unconscious; her GCS (Glasgow Coma Scale) was a very low 3, indicating deep coma or death. In the Medic One unit, she had another seizure just before

reaching the hospital; paramedic Michael Cruz gave her anti-seizure medication in her IV line. At the hospital, she was diagnosed with epilepsy. She was fortunate to survive with minimal cognitive issues. Months later, on a sunny July afternoon, Rhodes stood in front of Bellevue Fire Department Station 2, waiting to meet paramedics Michael Cruz and Tony Hightower. She brought a large bag of cupcakes, the incident report from January, and a lot of questions. She's a journalist, after all.

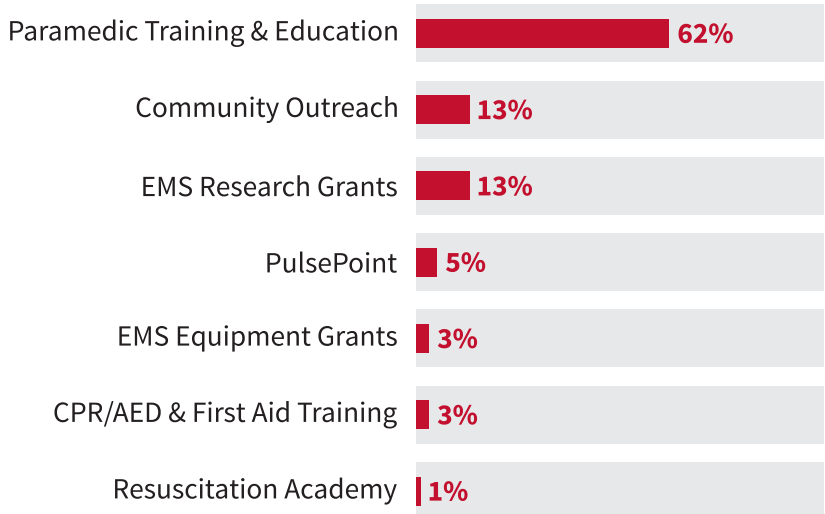
Cruz and Hightower showed her the Medic One unit that took her to the hospital; there was more room inside than she had imagined. They demonstrated the people mover they used to carry her downstairs from her bedroom. Cruz filled her in on the details: she had been unresponsive when they arrived. They had to "check a lot of things," because she wasn't conscious and couldn't answer questions. Cruz went over the entire incident report with her. "It's a challenging job, but it's rewarding," Hightower told her. "And when we get to meet people like you, it's very rewarding. It's awesome, seeing someone who's completely recovered."

Rhodes told Cruz and Hightower she was "100 percent certain" she would be dead if not for them. "And now," she said, "because of you guys, I get to experience being a grandmother." Her first grandchild, a boy, is due in November. "I want them to name the child Michael Tony! Or, Tony Michael?"

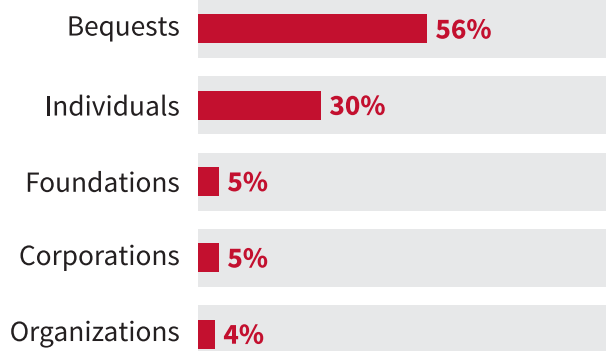
"I am eternally grateful to Medic One."

Medic One Foundation Highlights

IMPACT OF YOUR GENEROSITY TOTAL: \$1.35 MILLION



2017 DONATIONS BY SOURCE TOTAL: \$3.6 MILLION



STATEMENT OF POSITION

Unrestricted	\$2,297,673
Temporarily Restricted	\$992,274
Permanently Restricted	\$1,063,585
Total Net Assets	\$4,353,532

The Foundation's most recent audited financials and IRS 990 are posted on our website: mediconefoundation.org.

Tribute Gifts

Tribute gifts offer a meaningful way to remember a loved one or honor a friend, family member, coworker, or client on special occasions. The following individuals and organizations were honored through a gift to the Medic One Foundation between March 1 and June 30, 2018.

Leah Alexander	Ray & Helen Erickson	Donna Kostka
Alwyn L. Allott	Beloved Sister	Cande Krall
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Mary F. Emerson	Virginia Kortness	Russell Leo Quincy

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Community Loyalty & Rewards Programs

One of the easiest ways to support the Medic One Foundation is through the various companies that offer loyalty or rewards programs that support nonprofits.

amazonsmile

AmazonSmile

If you already shop on Amazon, or if you're looking for the perfect gift for a loved one, we invite you to shop at smile.amazon.com and choose the Medic One Foundation as your charity of choice. AmazonSmile Foundation will donate 0.5% of the price of eligible purchases to the Medic One Foundation.

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Visit fredmeyer.com/communityrewards, and search for Medic One Foundation by our name or nonprofit number QT412. Then, every time you shop and use your Rewards Card, you are helping Medic One Foundation earn a donation!





MEDIC ONE FOUNDATION

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Bellevue, WA 98005

(425) 625-2137
mediconefoundation.org



Medic One Foundation Now Offers Heartsaver[®] CPR/AED and First Aid Courses

Do you know how to respond during a sudden cardiac arrest emergency? The Medic One Foundation now offers Heartsaver[®] Adult, Child, Infant CPR/AED and First Aid Training. Our trainers are certified AHA Heartsaver[®] instructors, and offer quality hands-on experience and instruction in emergency medical care.

For more information or to schedule a class for your group, business, or organization, please call (425) 625-2137 or email cpr@mediconefoundation.org.