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
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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:

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.
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:

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EMP Museum
Ethan Stowell Restaurants
Everett AquaSox Baseball Club
First One Movers
Flat Iron Grill/The Black Duck
Four Seasons Hotel—Seattle
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Full Tilt Ice Cream
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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 medicionefoundation.org/include-us-in-your-will.

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

Vera P. Cornall
Dorothy C. Dorland
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