




# DISPATCH

MEDIC ONE FOUNDATION

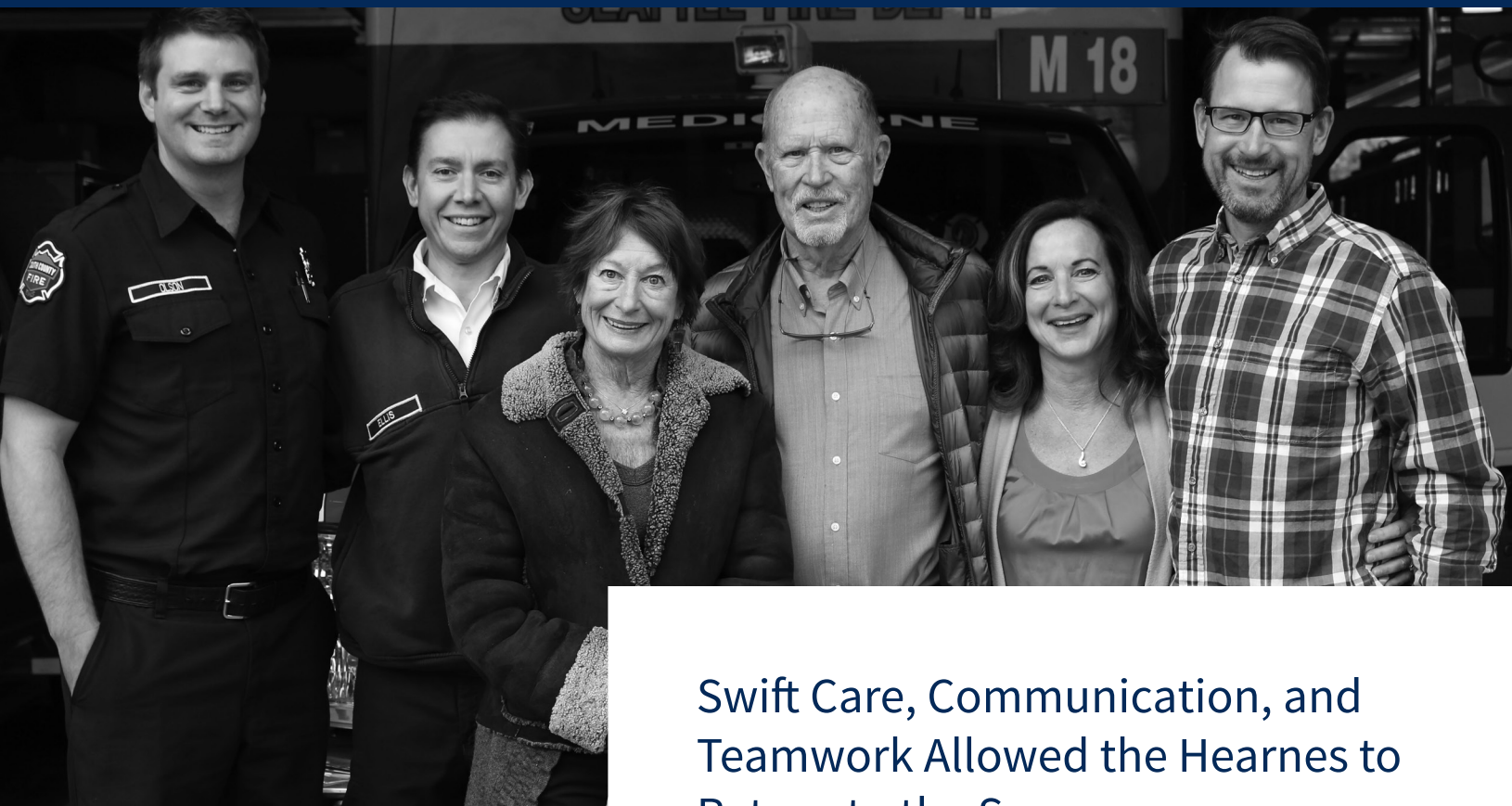
Newsletter Spring 2020



## The Heartbeat of Seattle

“The heartbeat of Seattle,” the press called it in the early 1970s. From vision to reality, first save to thousands saved, it’s been a memorable journey.

*Continued on page 8*



From left: Paramedic Chris Olson, Paramedic Ryan Ellis, Jill Hearne, Rod Hearne, Retired Paramedic Patti Mann, and Rod Hearne, Rod and Jill's son.

## Swift Care, Communication, and Teamwork Allowed the Hearnese to Return to the Sea

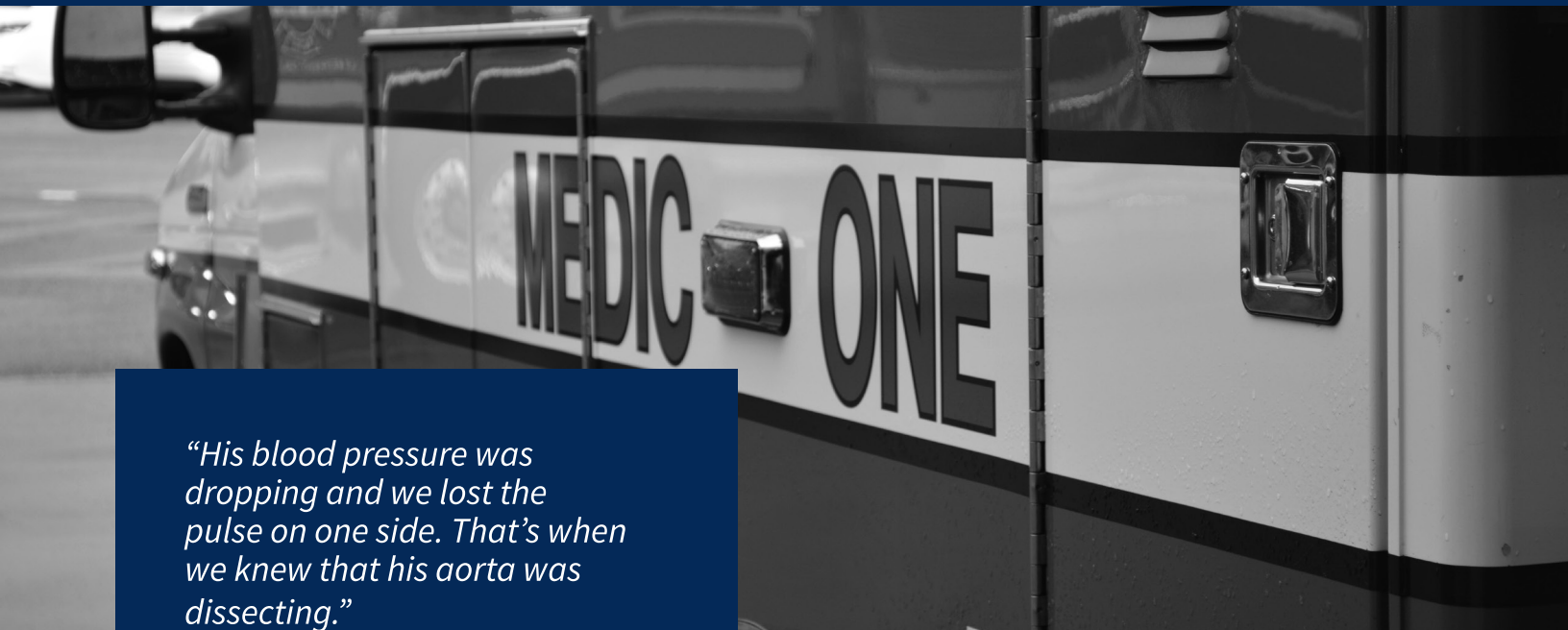
Boating enthusiasts, Rod and Jill Hearne, have always lived an active lifestyle full of adventure. While Seattle is home for the Hearnese, their two sons, and three grandchildren, wanderlust has taken the 100-ton boat captains everywhere from Glacier Bay, Alaska, down the coast of North America, and through the Panama Canal. They have sailed offshore half-time for the last twenty years and sailed throughout the Caribbean.

Missing cruising in the Pacific Northwest, they bought an additional boat to cruise to Canada and Alaska. That boat can sometimes be found docked at Ballard's Fisherman's Terminal—which is where Rod was when a medical emergency threatened to take his life in June 2017.

Rod, who had been varnishing the Hearne's Pacific Northwest boat, knew something was seriously wrong when he began to have chills. He called 911 and a Medic One rig was dispatched from the Ballard firehouse. Lead paramedic Patti Mann, a now retired, 34-year veteran firefighter and paramedic, says she knew right away that something was definitely wrong. Seattle Fire Department paramedics Ryan Ellis, Chris Olson, and Jacob Black (Olson and Black were students of the Paramedic Training Program at the time), all took note of Rod's condition;

*To read more lifesaving stories, please visit our website at [mediconefoundation.org](http://mediconefoundation.org).*





*“His blood pressure was dropping and we lost the pulse on one side. That’s when we knew that his aorta was dissecting.”*

*Patti Mann  
Retired Seattle Fire Paramedic*

“It was the paleness and the profuse sweating; his description of the pain also wasn’t typical cardiac which alerted us that we needed to get him out of there.”

Once in the rig, the Medic One team immediately called doctors and started pre-hospital care. During the ride to Harborview, Patti recalls a pivotal moment: “His blood pressure was dropping and we lost the pulse on one side. That’s when we knew that his aorta was dissecting.” From there, Rod’s Medic One team was able to obtain and install one of four Extracorporeal Membrane Oxygenation machines (ECMO) in Seattle, administer vasopressors, and deliver him safely to Swedish Cherry Hill.

Rod had an 18% chance of surviving his aortic dissection—the quick, accurate diagnosis and the speed at which Medic One got him to Swedish Cherry Hill—were crucial. Because of the ECMO, Rod was able to have a total of 23 ½ hours of surgery performed by cardiothoracic surgeon Dr. Samuel J. Youssef. Rod’s leg, blocked by arterial debris, was

saved from amputation, and he has since made a full recovery with the support of Jill, their children, Mount St. Vincent Nursing Facility, and the Cardiac Rehab Program at Cherry Hill.

In 2019, not only did Rod and Jill celebrate their 55th wedding anniversary, but they were also reunited with Rod’s Medic One team at the Ballard Firehouse. They continue to live a vigorous life and in January returned to their sailboat in the Netherlands Antilles.

“All together we have done about 28,000 miles in our sailboat in the last 20 years,” says Jill, “and 7,500 in our powerboat to Alaska since Rod’s dissection—we didn’t let it slow us down.”

Patti Mann attributes Rod’s survival to the Medic One Foundation and community here in King County. “People survive because of the team we have in this region,” Patti says. “It’s the communication, it’s the training program, it’s the Medic One Foundation because they are the reason that Medic One is here. It’s the nurses and the doctors—how they trust us when we say ‘We have a dissection,’ and they know it’s a dissection coming in. It’s the aftercare—it’s the ICUs and the rehab folks. And anywhere else they won’t make it, but here they do because of the Medic One community we have in King County.”



## Paramedic Students Undergo Intense Training

During the arduous 10-month Michael K. Copass Paramedic Training Program, students participate in multiple training drills. These drills are designed to prepare students for real-life scenarios, often utilizing live “patients” and firefighter/EMTs from local fire agencies to participate as the on-scene BLS crews.

Due to the current COVID-19 crisis, some training drills have been postponed to ensure the safety and wellbeing of the students and all who are involved in their training and education. However, before the outbreak, students were able to participate in three Trauma Drills as well as the annual Mega Code Drill on Bainbridge Island.



Fundamental training in trauma begins in the classroom each year. With the support of a team of Seattle Fire Department paramedics, students attend lectures, anatomy labs, and participate in a variety of trauma scenarios that teach them how to manage critically-injured patients in the field. Patient scenarios include stabbings, gunshot wounds, falls, impalements, and more.

“Code drills” give paramedic students the skills and knowledge on how to run cardiac arrest and resuscitation calls. After 8-weeks of code drills based in the classroom, the students participated in a large scale code drill in January hosted by the Bainbridge Island Fire Department and supported by paramedics from Seattle Fire Department, King County Medic One, and Snohomish County Fire District No. 7.



These drills are an essential training component for replicating the real-life challenges of treating cardiac arrest patients, coordinating firefighters, comforting family members, and communicating with medical control as required throughout the resuscitation.





## Community Support Amidst the COVID-19 Crisis

### Gratitude Meals

In response to the COVID-19 outbreak, three dedicated testing sites for first responders were established in mid-March in an effort to ensure the health and safety of those serving our communities. Thanks to the overwhelming support of the community, more than 1,000 meals have been delivered.

Individuals, businesses, and families gave generously, including the Ort family who sold and delivered more than 80 bundles of firewood to friends in Sammamish, Redmond, and Issaquah, donating all the money to help purchase Gratitude Meals. “Our hearts are full from the response we had to our little firewood bundle fundraiser! We are so happy that we can support Medic One Foundation and all the great things that your organization provides for our communities’ first responders,” says Rebecca Ort.

The Gratitude Meals provided a meaningful way for people to show their appreciation to our first responders who are working harder than ever and also provided an opportunity to pass along much-needed revenue to struggling restaurants and caterers.



Thank you to the Ort family for funding Gratitude Meals for first responders through your firewood campaign!

### GiveBig 2020 Campaign

On May 5th and 6th, friends of Medic One Foundation responded overwhelmingly with their GiveBig donations and helped us reach our fundraising goal of \$30,000! Thanks to your support, each of the 24 new paramedic students scheduled to begin the Medic One Paramedic Training Program in September will have the necessary textbooks, medical equipment, and supplies. The training program is solely funded through charitable contributions to the Medic One Foundation—we are extraordinarily thankful for your support!

## Your Gifts at Work

Thanks to your generous support, the following fire departments received grants to help purchase critical equipment for patient care and first responder training:

|  |  |
|--|--|
| Arlington Fire Department                      | Advanced Life Support Training Manikin     |
| Bainbridge Island Fire Department              | Pelican EMS Hard Kits                      |
| Bellevue Fire Department                       | Airway Management Trainers                 |
| Bremerton Fire Department                      | Stop the Bleed Training Equipment          |
| East Jefferson Fire Rescue                     | Advanced Life Support Training Manikin     |
| Enumclaw Fire Department                       | Advanced Life Support Training Manikin     |
| King County Fire Dist 47 (Ravensdale)          | Litter Wheel                               |
| Poulsbo Fire Department                        | 12-lead ECG Simulator and AED Trainer      |
| Marysville Fire Department                     | Airway Management Trainer                  |
| North Kitsap Fire & Rescue                     | Mega Code Kid Manikin and ALS Baby Manikin |
| San Juan Island EMS                            | CO Blood Gas Monitors                      |
| San Juan County Fire District 4 (Lopez)        | Advanced Life Support Training Manikin     |
| Snohomish County Fire District 15 (Tulalip)    | AED Training Manikin                       |
| Snohomish County Fire District 22 (Getchell)   | Stair Chair                                |
| Snohomish County Fire District 24 (Darrington) | Airway Management Trainer                  |
| Snohomish County Fire District 25 (Oso)        | Triage Supplies                            |

Your gifts are also supporting promising research that assesses the potential of new treatments and protocols in out-of-hospital emergency medical care. Current research grants underway are focused on:

- Helping first responders target care and alter interventions that will improve outcomes for patients who suffer sudden cardiac arrest;
- Increasing the knowledge and willingness among individuals with limited English proficiency to perform bystander bleeding control;
- Evaluating the emerging use of out-of-hospital blood transfusions and the impact on patient outcomes;
- Determining the effectiveness of a high-fidelity simulation curriculum for pre-hospital airway management.





# Planning Your Gift

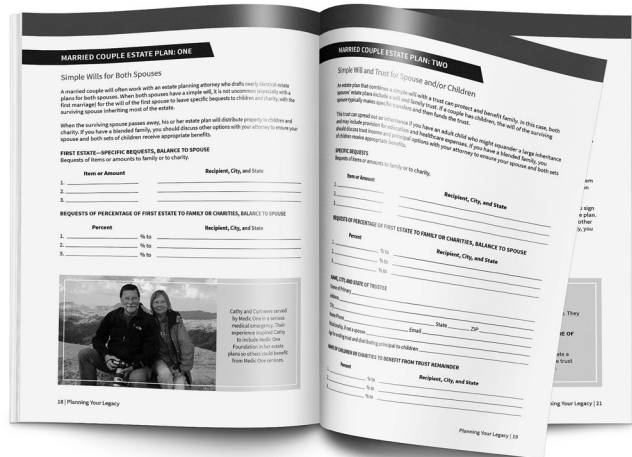
## The Benefits of a Charitable Bequest

A bequest is one of the easiest gifts you can make to significantly impact our mission to save lives by providing world-class education and training for our region's paramedics. Here are some of the benefits of bequest giving:

- It costs you nothing today to make a bequest
- A bequest is free of federal estate tax
- Your bequest can be changed down the road
- You can still benefit your heirs with specific gifts
- A bequest may produce estate tax savings
- You can leave a legacy through a bequest

## How to Make a Bequest

Your estate planning attorney can include a provision in your will that leaves a lasting gift to the Medic One Foundation. Your bequest could be a gift of specific assets (such as a vehicle, artwork, or coin collection), a dollar amount, or a percentage of your estate. A bequest could also be made from the residue of your estate or what is left after all gifts have been made to your heirs.



## Request Your Free Planned Giving Guide Today

Many of our supporters have found our Planned Giving Guide useful in helping them think through their estate planning goals. Once your guide is completed, we encourage you to meet with your advisor to finalize your plan.

To order your free copy, please contact Sara Oshikawa-Clay at (425) 625-2032 or [sara@mediconefoundation.org](mailto:sara@mediconefoundation.org).

## CARES Act Brings New “Universal” Charitable Deduction

The law allows all taxpayers—regardless of whether they itemize or take the standard deduction—to deduct total charitable cash contributions of up to \$300 (\$600 for a married couple) on their 2020 federal tax return.

For taxpayers who do itemize, the limitation for cash gifts made in 2020 to public charities is raised from 60% of adjusted gross income to 100% of adjusted gross income.



## The Heartbeat of Seattle

Medic One has been saving lives for 50 years. Since the first run on March 7, 1970, its services have expanded from one vehicle in Seattle to a region-wide network of pre-hospital medical treatment and paramedic training; from a local effort to treat cardiac patients to a national and international influence on how to provide effective field service to victims of catastrophic health and trauma events.

*Dr. Michael K. Copass (left) and Dr. Leonard A. Cobb (right) in front of Harborview Medical Center in Seattle.*







*Image courtesy of the Seattle Fire Department*

## A Vision in Seattle

Dr. Leonard Cobb was Director of Cardiology at Harborview when he approached Seattle Fire Chief Gordon Vickery with a history-making idea. It was 1968. Dr. Cobb believed that survival rates for cardiac patients would be improved if they could receive effective pre-hospital care.

Since the late 1950s, the Seattle Fire Department had been providing some first aid and transport to hospitals on a limited basis. Actual care was basic; it was mainly just transport, but the potential was there to do more. Dr. Cobb proposed a study to answer two questions:

- Can we save the lives of critically ill patients outside the hospital?
- Can we train paramedics to provide advanced care under the remote direction of a physician?

“What they had was an organization,” says Dr. Cobb. “Chief Vickery had the dispatching arrangement all set up; they’d been dispatching to fires and first aid for a long time. They would become part of the medical delivery system, and it was an important role. But it wasn’t just, ‘Let me use your car.’ We trained their people. They would learn to do CPR, defibrillation, and intubation.”

*Pictured above is the first class of Seattle paramedics, successfully graduating from the training program in 1970.*



*Photo by Charles Kahler*



## Questions Answered

Two years after the first paramedic training began, the questions in Dr. Cobb's study had been answered.

First, the lives of critically ill patients could be saved outside the hospital, as had been clearly documented. During the first year, Medic One resuscitated and admitted 61 patients to the hospital; 31 of those survived. In the first 18 months, 111 clinically dead patients were resuscitated, and another 885 heart disease patients were successfully assisted, as were 1,125 victims of drowning, electrocutions, and auto accidents.

Second, by 1971, firefighters trained as paramedics were treating patients in the field with remote access to physicians. It was no longer necessary for a physician to be part of the field response. In addition, all Seattle firefighters were eventually trained to do CPR, improving the effectiveness of the two-tiered response. EMTs could start life-saving procedures before paramedics arrived.

## Funding Crisis and Response

Despite its resounding success, by the second year the grant money supporting Medic One was running out. Seattle's city leaders weren't coming up with funding. Newspaper and broadcast journalists publicized the situation, and public opinion was strongly in support of Medic One.

Chief Gordon Vickery would not allow failure. He and Dr. Cobb organized a fundraising plan and recruited leading Seattle citizens as committee members. Appeals went out on all media platforms. Firefighters took to the streets on their days off, carrying informational signs and asking for donations to keep Medic One alive. Grassroots community efforts were widespread: barbers stayed open on Saturdays for a month, donating the proceeds; West Seattle PTA groups raised money; a sixth-grade girl donated her





*“It is beyond comprehension that Fire Chief Gordon Vickery has been obliged to resort to a public subscription to save the Medic One emergency coronary-care program from being canceled out because of lack of funding.”*

*Seattle Times Editorial, 1971*

*Image courtesy of King County Medic One*

birthday money; and children sold candy at a touch-football game for Medic One. Another group donated after one of their members collapsed at a bowling alley and was revived by paramedics. The Ballard Ladies of Elks contributed and challenged their sister organizations to match or beat their donation. Students at Ingraham High School held a benefit marathon run. In a short time, almost \$200,000 was raised to support Medic One.

In 1974, Dr. Cobb and a group of physicians and community leaders created the nonprofit Medic One Foundation. Its mission was to manage fundraising through private and corporate donors and expand the program. Eventually, smaller communities in Washington began to benefit from Medic One training as well. They sent firefighters to the program at Harborview, often with assistance from the

Medic One Foundation, and those paramedics take enhanced skills back to their home counties.

Dr. Leonard Cobb and Seattle Fire Chief Gordon Vickery shared a vision back in 1969, and it expanded to a cast of hundreds. Together with Dr. Michael Copass, they created a top-tier, lifesaving service. Dreamers, administrators, donors, firefighters, paramedics, survivors, and friends all had a part in making Medic One a model for the nation and the world.

Since 1970, hundreds of paramedics have been trained and countless lives saved. The Medic One Paramedic Training Program has strengthened emergency medical response throughout the state of Washington. Seattle’s program has been studied, celebrated, and emulated. Fifty years ago, this level of service was unheard of. Today, we can’t imagine living without it.

Congratulations, Medic One. The first 50 years were amazing.

## A Paramedic Remembers

**RALPH MAUGHAN**

**Seattle Fire Department Paramedic, Paramedic Training Class II**

The program was still new when Ralph Maughan graduated in 1970. He was a Navy veteran and had been a firefighter since 1967. “I was young; I think most of us were in our twenties. Life in the fire stations could be pretty quiet back then, and this was an opportunity to do something different. It wasn’t totally well received by everyone in the fire department. We had white uniforms, top and bottom, and they called us Nancy Nurse and things like that.”

“At the time, paramedics hardly existed anywhere. It was totally undefined until Drs. Cobb, Copass, and Alvarez set up training courses in the UW system. I don’t think most of us knew what we were getting into. We had no idea what we’d be capable of doing.”

“There was a cardiac part and a trauma part. At first it was exclusively cardiac, but they realized pretty quickly they needed to expand into trauma, for people in accidents or with gunshot wounds. They started that training with our class.” The training was intense; transferring skills to the field even more so. “The first time you intubated somebody or stuck a needle in somebody’s heart—you want to do this right. And it’s always different. You learn these things in a hospital setting on cadavers or dummies, and suddenly you’re in someone’s ill-lit bathroom trying to insert a needle—or doing it under a car.”

Maughan’s career path led him into a different role in the fire service, but he came back as chief of Medic One from 1988 to 1990. By then, there were women working as paramedics.

“They were excellent, they certainly enhanced the whole program. Men and women do the job differently. Men often use their back and women use their brain. Of course, women had also become firefighters; my wife Kate was one, and she retired from the Seattle Fire Department as a deputy chief. We met in a fire station and have been married for 30 years.”

Maughan retired as a Seattle Fire Department battalion chief, but he remembers his years as a paramedic as the highlight of his career. “Even though I left the paramedic program a long time ago, no matter what my rank was, I always remembered. The dedication of taking care of people is the hallmark of Medic One, and after 50 years, we’ve certainly proven that.”



*Image courtesy of the Seattle Fire Department*






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Pike Brewing Company  
The Plateau Club  
Porsche Bellingham  
Port Ludlow Resort  
PRO Sports Club  
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Jeff and Katie Richey  
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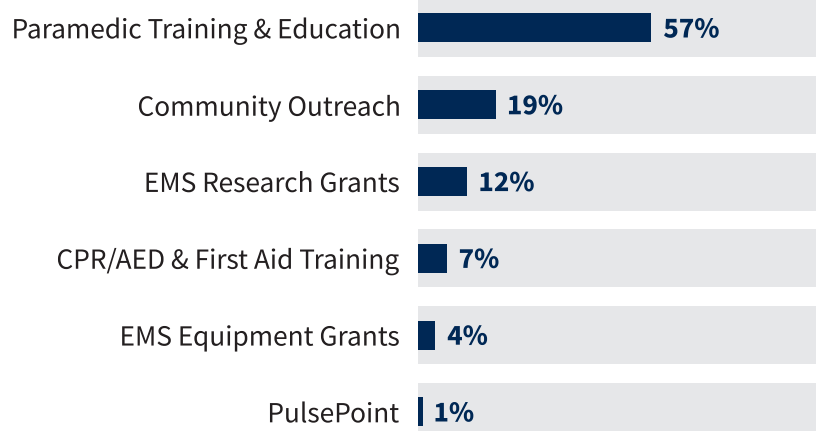


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## Medic One Foundation 2019 Financial Highlights

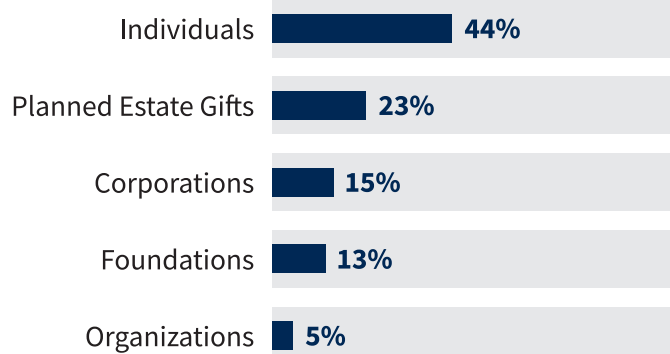
### IMPACT OF YOUR GENEROSITY

**\$1.63 MILLION**



### DONATIONS BY SOURCE

**\$2.52 MILLION**



### STATEMENT OF POSITION\*

|                         |                    |
|-------------------------|--------------------|
| Unrestricted            | \$2,914,761        |
| Temporarily Restricted  | \$1,125,432        |
| Permanently Restricted  | \$1,071,385        |
| <b>Total Net Assets</b> | <b>\$5,111,578</b> |

*\*Unaudited*

*The Foundation's most recent audited financials and IRS 990 can be found by visiting [www.mediconefoundation.org](http://www.mediconefoundation.org)*

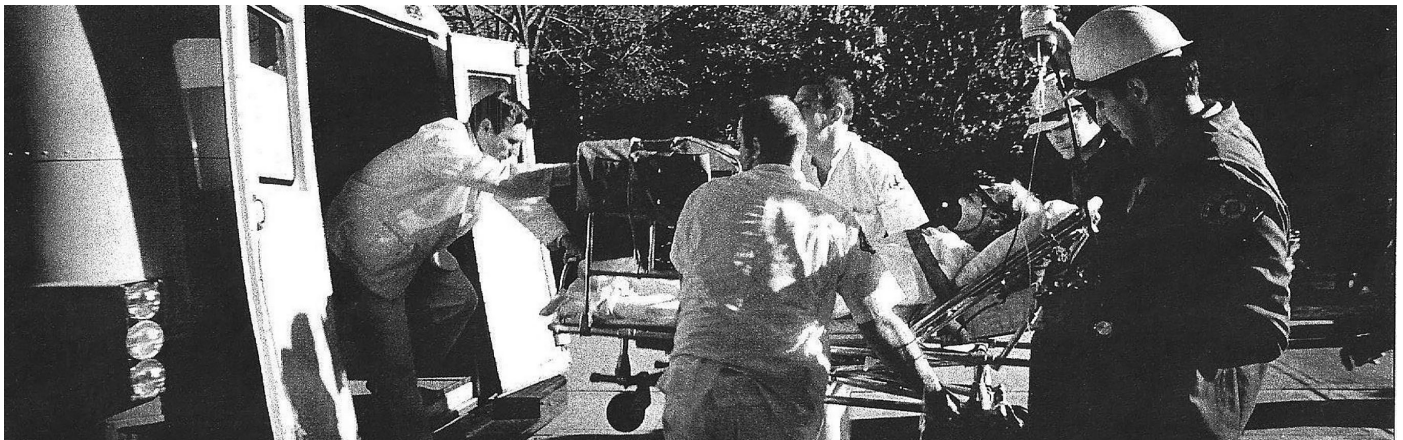


## MEDIC ONE FOUNDATION

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[mediconefoundation.org](http://mediconefoundation.org)

## This Year Marks the 50th Anniversary of Medic One



### ANNIVERSARY HIGHLIGHTS BEGIN ON PAGE 8

*"What has to be the most remarkable thing to come along in the history of the fire service has been the paramedic program. To take firefighters equipped with only the basic first aid skills, add CPR, train a core group in advanced emergency medical skills, then provide support through the development of a uniform EMT standard, has created a "package" that serves the community far beyond anyone's wildest dreams. It has also spread around the world."*

Retired Firefighters of Washington Newsletter, August 1993