



DISPATCH

MEDIC ONE FOUNDATION

Newsletter Fall 2021

I'm Alive Because Medic One Was There to Help

"I'd not been feeling very good for most of the day, just a little something, maybe a "one" level of pain, and I'd sit down and it would get better. So, indigestion, no other signs."

"By late afternoon I finally thought, with all that I know about heart attacks, it would be really silly of me not to call and ask for help."

Continued on page 2





“Women present as atypical for heart attack symptoms,” says Steve. “We’ve been taught to be very suspicious and to err on the side of caution...It was the right decision.”

Barbara Hamer reunites with paramedics, Steve Carruth and Nick Lewis, on graduation day for Paramedic Training Class 47.

I’m Alive Because Medic One Was There to Help

For nearly 50 years, Barbara Hamer’s family has been supporting Medic One. Her father was one of the original donors to the Medic One Foundation and was served a number of times himself.

“My family has been donating to Medic One, and has been served by Medic One, for three generations. And it’s going to be a fourth generation as soon as I can get my grandson to give up his money,” says Barbara with a smile.

Medic One saved her husband Dale’s life in 2003, after his first cardiac arrest. Thanks to paramedics, Barbara had another fourteen years with him. Dale continued to be served over those years; he joked that he was a “Medic One frequent flier.”

In gratitude, Barbara and Dale began giving Challenge Coins to each paramedic as they graduated, starting with the class of 2008. As Barbara said at the time, “Thanks to all of you, and the Medic One Foundation, I’m not a widow.” After Dale’s death in 2017, Barbara continued to support Medic One Foundation’s work through scholarships for paramedic students and special gifts for specific projects. In the fall of 2018, she and her family funded a tactical drone for Eastside Fire & Rescue, to assist

first responders in backcountry and swiftwater rescues. “My late husband, Dale, would appreciate this so much,” said Barbara. Last May, for the first time, Barbara needed to call Medic One for herself.

As Barbara described it, “I’d not been feeling very good for most of the day, just a little something, maybe a “one” level of pain, and I’d sit down and it would get better. So, indigestion, no other signs.”

She didn’t want to bother anyone for something so minor. But by late afternoon, she started thinking about Dale. “I finally thought, with all that I know about heart attacks, it would be really silly of me not to call and ask for help.”

Steve Carruth and Nick Lewis, members of the most recent Paramedic Training Class 47, were on the call. “We walked in and she was sitting in a chair and looking anxious,” says Nick. “She said that she hadn’t been feeling

well for a couple of days and had a loss of her usual energy, with some loss of breath during exertion.”

“Women present as atypical for heart attack symptoms,” says Steve. “We’ve been taught to be very suspicious and to err on the side of caution.”

An EKG showed nothing; oxygen saturation, heart rate, and blood pressure all looked normal; and Barbara wasn’t short of breath or sweating. But, says Nick, “Our training made us think that something wasn’t quite right and we took her in. An uneventful ride and great conversation with her.”

It was the right decision. An EKG at the hospital showed nothing wrong, either, but a second blood test indicated that Barbara was in the middle of a heart attack.

“And at about that time,” says Barbara, “the heart attack hit, and went from zero to an eight. Within half an hour, I was in the cath lab and

my doctor was placing three stents. My right coronary artery was completely blocked.”

“The amazing level of care that everyone here gets—it’s arguably the best care in the world. And the donors help make that possible,” says Nick.

“Donors provide the students with the education and training opportunities to make these critical decisions in the field,” says Steve. “Thanks to the Medic One Foundation and their donors, we have many opportunities to drill in high-fidelity scenarios. I’m so grateful that I could go through one of the best schools in the country.”

On graduation day for Paramedic Training Class 47, Barbara reunited with Nick and Steve, thanking them again for their service. As she prepared to give out Challenge Coins to the class, as she still does every year, she told the story of May 27—the day she was personally served for the first time by Medic One. “I’m alive, because Steve and Nick were there and took me in—out of an excess of caution.”



Welcome Paramedic Training Class No. 48!

Please help us ensure that our region has the optimal number of Medic One paramedics needed to respond to medical emergencies like trauma, cardiac arrest, and stroke that threaten the lives of thousands each year.

This fall, 20 paramedic students representing emergency service providers throughout our region have been accepted into the Medic One Paramedic Training Program. Training began September 27 and will extend through July 2022.

Please visit mediconefoundation.org to find out how you can help put exceptionally-trained paramedics on our streets next year.



Over 600 ScoutReach Youth Learn CPR and First Aid

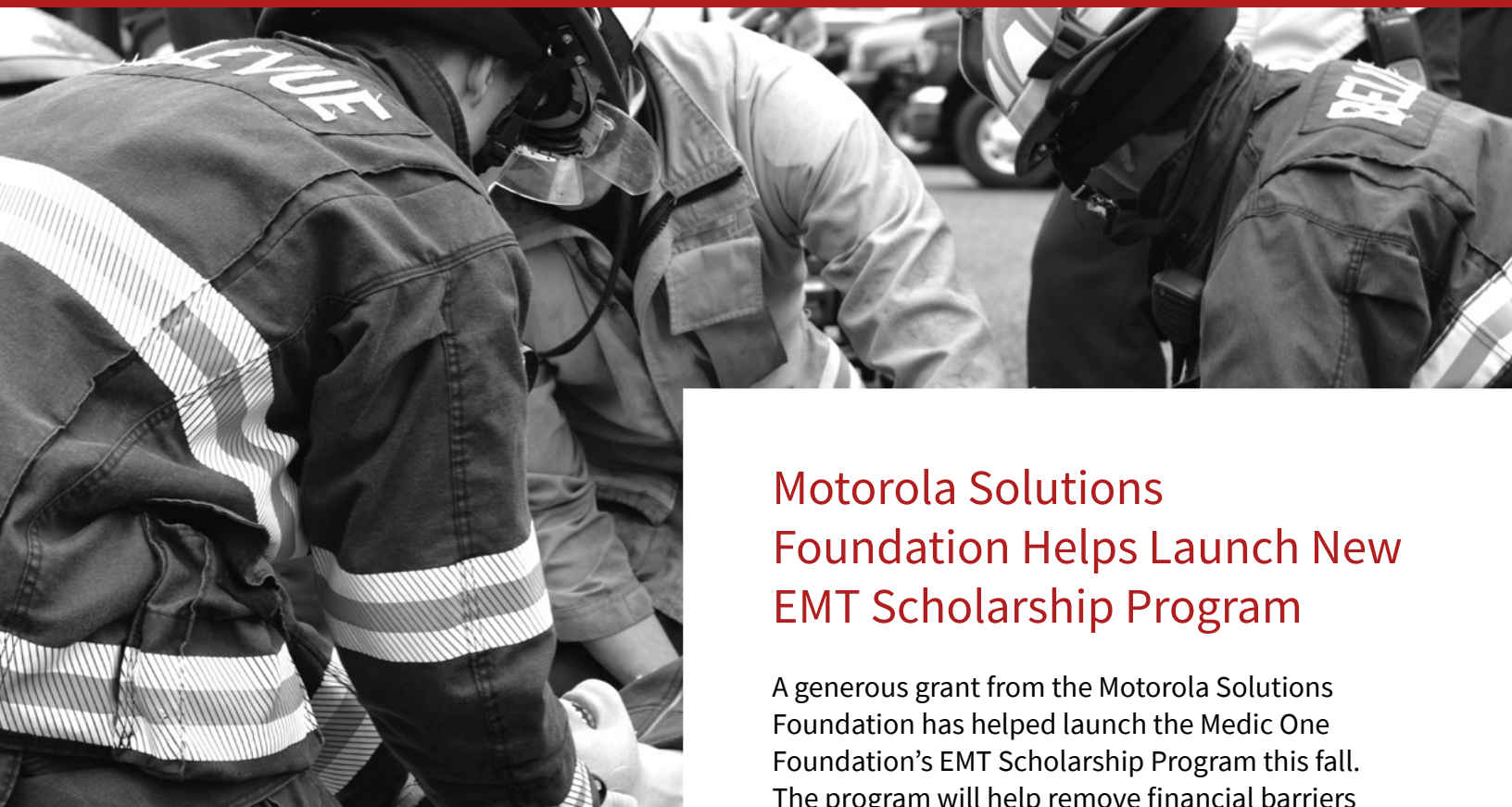
This year has had its challenges, but the Medic One Foundation continues to find creative ways to engage with our communities, partnering with local organizations to help provide critical training and education. One such program is ScoutReach, a division of the Boy Scouts of America, whose mission is to ensure that culturally diverse youth in urban and rural communities have the opportunity to join the Scouting program.

During spring and summer, Medic One Foundation joined ScoutReach staff, both in-person and virtually, to teach First Aid and Hands-only CPR/AED to students of the Greater Seattle YMCA, Boys and Girls Clubs of King County, Seattle Parks and Recreation, and Bellevue Boys and Girls Club. Over 600 students, grades Kindergarten-7th grade, participated in the training, learning how to care for cuts, scrapes, broken bones, cardiac emergencies, and more. Each student also received a First Aid Kit. In these kits were numerous items, such as roller gauze, gloves, and bandages, that the Medic One Foundation was able to provide thanks to the generosity of our donors.

Young kids from the YMCA of Greater Seattle at Magnuson Park join Medic One Foundation staff for a group photo after learning valuable First Aid skills, such as splinting, wound care, and more.



Many questions were asked and countless arms and fingers were bandaged as the kids eagerly learned how to help someone experiencing a medical emergency. We are so grateful for our partnership with ScoutReach and look forward to joining them for more First Aid and Hands-only CPR/AED classes this winter!



Motorola Solutions Foundation Helps Launch New EMT Scholarship Program

A generous grant from the Motorola Solutions Foundation has helped launch the Medic One Foundation's EMT Scholarship Program this fall. The program will help remove financial barriers for individuals interested in pursuing a career in emergency medicine with the hope that our region's fire departments and EMS agencies will better reflect the rich diversity of our communities.

Each quarter, a limited number of spaces will be reserved for scholarship recipients to attend the Emergency Medical Technician (EMT) course at North Seattle College—the most prolific EMT Training Program in the region—at no cost.

The North Seattle College campus is centrally located with great resource availability through partnerships with many regional fire departments and ambulance companies. Through these partnerships, North Seattle College has the most active fire ride-a-long program of its kind for EMT students, and can provide pathways for recruitment by regional entry level EMS employers.

Funding from the Motorola Solutions Foundation will cover the first year of scholarships. If you would like to help support future scholarships, please donate at mediconefoundation.org/emt.

EMT SCHOLARSHIP PROGRAM

*To learn more about the EMT
Scholarship Program, visit
mediconefoundation.org/emt.*



Medic One Foundation says Farewell to Retiring Executive Director Jan Sprake

After 21 years of service and leadership at the Medic One Foundation, Executive Director Jan Sprake has retired, turning over the reins to the Foundation's Director of Finance and Philanthropy Kim Duncan Martin. Jan officially retired on July 31, and Kim immediately assumed the role of Executive Director.

Jan was lauded at a gathering in Robinswood Park in Bellevue on July 22, where both Board President Brooks Simpson and Kim spoke, as well as Seattle Fire Chief Harold Scoggins and Bellevue Deputy Fire Chief Dave Tait.

All referred to her many accomplishments through the years, including the regional partnerships she developed with fire departments and EMS agencies, crediting her with the multi-faceted impact the Foundation has on the quality of our region's pre-hospital emergency care.

Since joining the Foundation in 2000, Sprake strengthened the Foundation's ability to support

Longtime friends and colleagues, Jan Sprake and Dean Brooke, the former Assistant Director of Paramedic Training, both look forward to a long and happy retirement.



critical programs including the Medic One Paramedic Training Program, EMS research, and equipment grants for fire departments. Under her leadership, the Foundation has grown its philanthropic donors, partners, and assets significantly so that the Foundation is

able to respond quickly to emerging needs and programs that positively impact the quality of pre-hospital emergency medicine.

“Jan’s commitment to our mission has resulted in tremendous growth for our organization,” said Brooks. “She is leaving us with a great team and a solid blueprint for the future.”

In a heartfelt and emotional speech, Kim Duncan Martin, who has also been at the Foundation for 21 years, expressed gratitude for their close working relationship and how the two had formed an unbreakable bond of friendship. “It has been a pleasure to work with Jan over the last 21 years. She has been a mentor, friend, and confidante,” said Kim. “Jan has left the Foundation in an excellent position for growth, even starting three new programs just before leaving.” Kim added. “Going forward, we will grow the Foundation to the fullest extent possible.”

“It has been the honor and privilege of my professional career to work with the amazing firefighters and paramedics who serve our region. It’s very rewarding to know that during my time at the Foundation, our talented Board and staff along with our generous donors have funded the training and education of 400 exceptionally-trained paramedics, and that every day our work

Community leaders, longtime donors, and EMS personnel gather to thank Jan for 21 years of service.



Seattle Fire Department Chief Harold Scoggins presents Jan Sprake with a signed photo from Seattle Medic One.

helps save lives,” said Jan, who got a standing ovation from the audience at the retirement gathering, including her family, friends, supporters, paramedics, and fire department personnel of every rank.

All agree that she will be missed and that her professional legacy will inspire those involved with the Medic One Foundation to build and grow it to an even greater degree. Happy trails, Jan Sprake and family. Enjoy retirement!

“It’s very rewarding to know that during my time at the Foundation, our talented Board and staff along with our generous donors have funded the training and education of 400 exceptionally-trained paramedics, and that every day our work helps save lives.”



Join Us for a Free Virtual Hands-only CPR/AED Class

This November and December, we are offering two free Virtual Hands-only CPR/AED classes. Join us to learn the lifesaving skills and knowledge necessary when responding to a sudden cardiac arrest.

Your instructors will include Medic One Foundation staff, a retired Seattle Fire Department paramedic, and a representative from the Nick of Time Foundation who will provide valuable information on sudden cardiac arrest in children and young adults.

Visit mediconefoundation.org/events or call (425) 625-2137 to sign-up today! The classes will be conducted over Zoom and are limited to 50 participants.

Upcoming Free Virtual Hands-only CPR/AED Classes

Wednesday, November 10, 2021

11:00 AM-12:00 PM

Register by Friday, November 5th

Wednesday, December 8, 2021

11:00 AM-12:00 PM

Register by Friday, December 3rd

Certified CPR/AED and First Aid Classes

The Medic One Foundation also offers American Heart Association (AHA) Heartsaver® Adult, Child, Infant CPR/AED and First Aid certified training for groups of five or more people in King County, Washington.

Our trainers are all certified AHA Heartsaver® instructors and will offer your group, business, or school quality hands-on experience and instruction in emergency medical care.

For more information or to schedule a class, please visit our website at mediconefoundation.org/programs/cpr.



I Never Even Met Him, But He Saved My Life



Eighteen years before his passing, Don Yeaman did something remarkable. In his will, he included a bequest to the Medic One Foundation. And three years after he passed, the paramedics, trained and supported by that gift, saved the life

of seven-year-old Lily, who's foot was almost completely severed in a boating accident. Today, Lily is a happy, healthy college student at Pace University in New York. Medic One and its highly trained paramedics are a major reason why she has both feet, and is able to lead the life of a normal young woman with a bright future.

Please consider a bequest of your own to the Medic One Foundation. Your generosity will help put exceptionally-trained paramedics on our streets—paramedics who someday may save the life of a friend, a neighbor, a loved one...or even your own. To receive your free Estate Planning Guide, contact Sara Oshikawa-Clay, Director of Philanthropy, at sara@mediconefoundation.org or (425) 625-2032.

Lifesaving PulsePoint App Activated in Snohomish County

According to the American Heart Association, more than 350,000 cardiac arrests occur outside of a hospital each year in the United States. Effective citizen CPR, provided immediately after sudden cardiac arrest, can double or triple the chance of survival. PulsePoint is a free mobile app that alerts citizens when a cardiac arrest is occurring close by, helps locate AEDs in the vicinity, and provides instruction on how to perform CPR until first responders arrives.

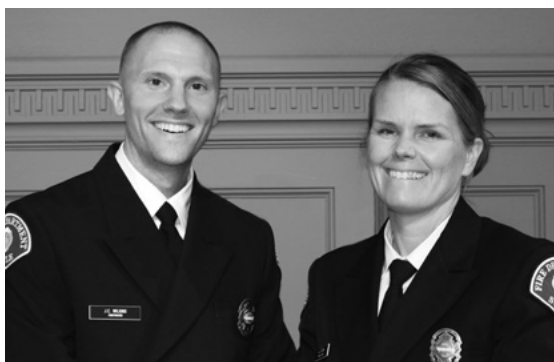
PulsePoint has been available in Seattle since 2016. Now, thanks to the support of our donors, Medic One Foundation recently funded the launch of PulsePoint for fire departments throughout Snohomish County. In addition to nearby "CPR needed" notifications, PulsePoint users can follow their local fire agency, see general information for all 911 calls, and choose to be notified of significant events that may impact their family.

Download the PulsePoint mobile app today at [**pulsepoint.org/download**](https://pulsepoint.org/download) so that you can provide lifesaving care to someone experiencing a sudden cardiac arrest.

For more information about PulsePoint or to sign-up for a CPR/AED class, visit our website at [**mediconefoundation.org/pulsepoint**](https://mediconefoundation.org/pulsepoint).

A map of King and Snohomish Counties displaying the thousands of individuals who have become PulsePoint Citizen Responders.





Jacob Wilkins (left) and Amanda Righi (right), Paramedic Training Class 47, 2020/2021 Mirabella Paramedic Training Scholarship Recipients.

“Jacob and I are so grateful for the ongoing support of the Mirabella community for our paramedic training. Over the last year, we have received an incredible, comprehensive education and are prepared and excited to start serving Seattle! Thank you for your continued generosity in supporting our training and helping us gain the skills needed to save more lives.”

–Amanda Righi

Mirabella Seattle Residents Give Generously

Residents at Mirabella Seattle, a senior-living community near South Lake Union, have a strong personal relationship with Medic One. Last year, out of 120 calls for medical emergencies there, nearly 20 percent were for life-saving situations that required the advanced skills of Medic One paramedics.

Residents give back to the community by partnering with the Medic One Foundation, annually funding two student scholarships for the Paramedic Training Program at Harborview. The partnership at Mirabella was the brainchild of Dr. Floyd Short, a former resident, retired cardiologist and former board member of the Medic One Foundation.

In eight years of partnership with the foundation, Mirabella residents and Mirabella Seattle Foundation have raised over \$400,000 to fund 16 scholarships. This partnership continues now into its ninth year.

The 12-member Mirabella Medic One Foundation Advisory Committee plans two annual events. One is a fundraiser and the other is educational. This summer, the committee held a “Big Red Truck” educational event, in which participants learned how a medic unit

operates, the jobs of each paramedic on board, and what tools are carried by first responders. Over 100 residents attended the event.

The second event is a fundraiser, with all donations going to the Mirabella Paramedic Training Scholarship Fund, a donor restricted fund established to support scholarships for paramedic students. The committee is extremely appreciative of Mirabella's administration for generously supporting their annual Medic One activities.

Thanks to Mirabella residents and Mirabella Seattle Foundation this past year, new Seattle paramedic graduates including Jacob Wilkins and Amanda Righi are now saving lives in our community.



Amanda Righi treats a mock patient during one of the many Paramedic Training Trauma Drills hosted by the Seattle Fire Department.

Your Donation Provides Life-Saving Equipment

Your gift to the Medic One Foundation 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:



Bainbridge Island Fire Department
King County Fire District No. 2 (Burien/Normandy Park)
King County Fire District No. 47 (Kangley/Palmer)
Kirkland Fire Department
Lewis County Fire District No. 9 (Mineral)
North County Regional Fire Authority
North Kitsap Fire and Rescue
Poulsbo Fire Department
Puget Sound Regional Fire Authority
Redmond Fire Department
Shoreline Fire Department
Snohomish County Fire District No. 4 (Snohomish)
Snohomish County Fire District No. 25 (Arlington)
Snoqualmie Pass Fire and Rescue



In Memoriam—James Raisbeck

The Medic One Foundation honors the memory of our dear friend and supporter, James Raisbeck—aviation giant, community leader, and philanthropist.

The Medic One Foundation is one of the many vital causes so generously supported by James and his wife Sherry, who have been major donors for 15 years. During this time, the Raisbecks funded the training and education of 18 paramedics through the rigorous Medic One Paramedic Training Program.

James and Sherry served as co-chairs for our Lifesaver Gala and were faithful attendees each year, inspiring others to support Medic One by sharing James' personal life-saving experiences being served by Medic One paramedics.

James Raisbeck (left) and his wife Sherry (right) meet with Seattle Fire Department Chief Harold Scoggins (middle).

Over the years, they hosted Medic One Foundation events at their beautiful home in Seward Park, participated on fundraising committees, and received the Lifesavers and Legends Award. Sherry also served on the Foundation's Board of Directors.

James Raisbeck, his ideas, his laughter, his voice, his wisdom, and his presence, will be greatly missed.