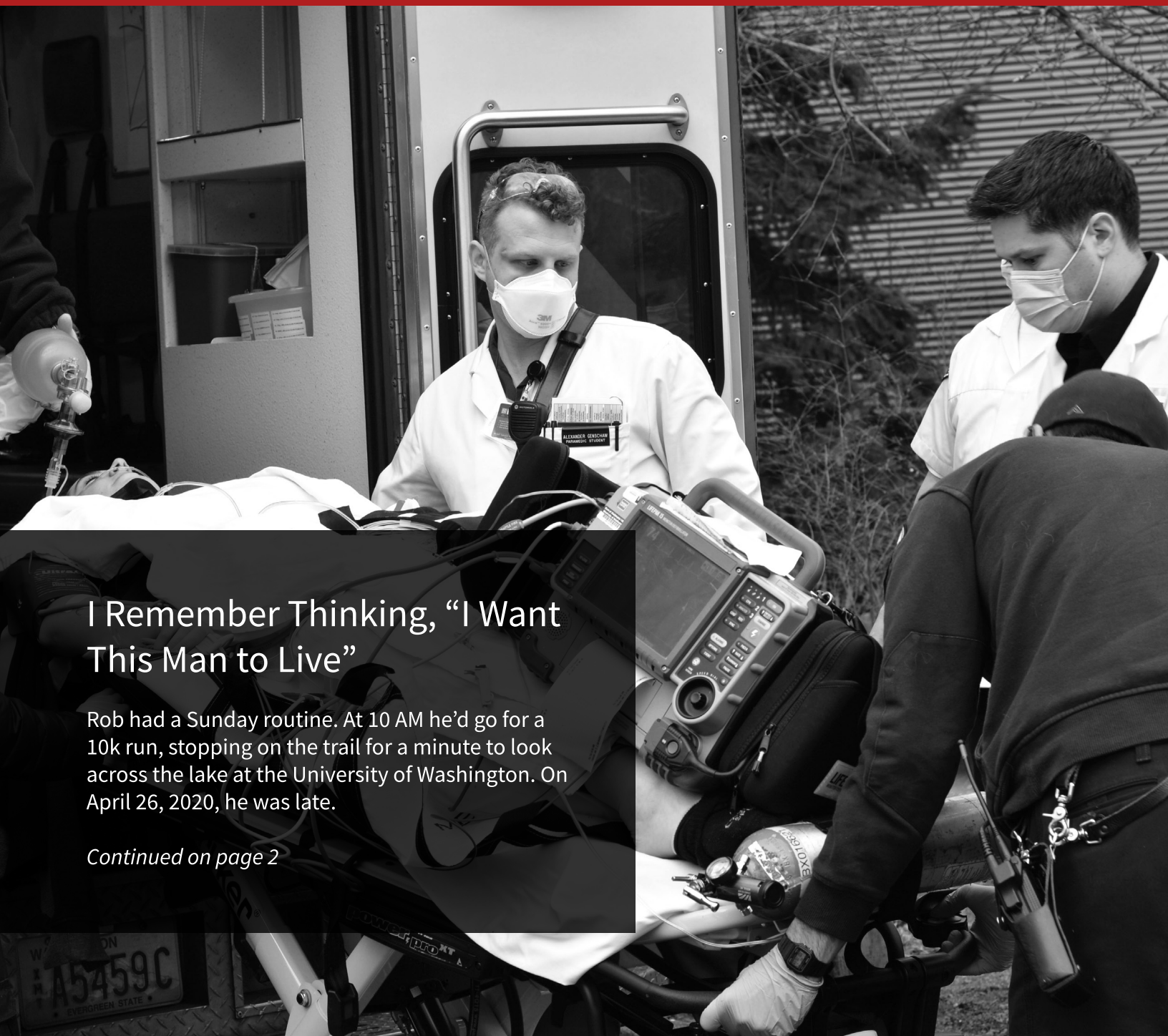




# DISPATCH

MEDIC ONE FOUNDATION

Newsletter Spring 2022



## I Remember Thinking, “I Want This Man to Live”

Rob had a Sunday routine. At 10 AM he'd go for a 10k run, stopping on the trail for a minute to look across the lake at the University of Washington. On April 26, 2020, he was late.

*Continued on page 2*



“It was 11ish, and I hadn’t gone out,” said Rob. “There was an extended family Zoom scheduled for 2 PM, but I decided I could run first, and I picked up the bike trail along 520.” He wasn’t carrying any identification.

Rob didn’t stop at his usual lookout point, because a group of cyclists was gathered there, and he was concerned about COVID. With an option of two ways to go next, he chose a woody gravel path.

“I remember running down the road to make the turn, and that’s all I remember,” said Rob.

That same Sunday, Ros and her friend, Anne, went for a walk on the same trail. It was the first time Ros had been out with anyone since the pandemic started.

“We’re walking, and I could see a lump ahead on the trail, and we thought it was something left by a gardener,” Ros said. “And then my friend said, ‘Those are shoes,’ and I said, ‘Oh my God, it’s a person.’”

Both Ros and Anne were CPR trained. “I could see he wasn’t breathing, but he wasn’t blue. He was lying in a perfect position for me to do CPR.” She was concerned about COVID, but, “I thought, he’s not breathing, and I’m going to start CPR.”

Rob (left) and Ros (right) meet for the first time after Ros had performed CPR on Rob when she and her friend, Anne, found him unconscious along the bike trail.

While Ros worked on Rob, Anne called 911. Before she retired, Ros had been an administrator who made sure her whole staff was trained in CPR every year. She knew what to do, but she’d never done CPR outside of a classroom, on a person who actually needed it. “There was nothing, no response at all,” said Ros. “I didn’t know if he was alive or dead, but I just kept going, I was not going to stop. And I remember thinking, ‘I want this man to live.’”

Paramedics arrived and took over, shocking Rob three times to start his heart again. As the medic unit left for the hospital, Ros remembers, “We were standing there going, ‘What just happened?!’”

Meanwhile, Rob didn’t show up for the family Zoom call, and his wife started to make calls to family, then police. She was told that a John Doe had been taken to Overlake Medical Center, so she rushed there to identify him. She found that Rob was alive, but no one could give her a prognosis. As she was leaving the ICU, she told



Rob later, two police officers removed their hats and said, “We’re so sorry.” She thought it meant that her husband was brain dead. Before that day, Rob knew he had a family history of heart disease, but he was in good health and had always been a runner. He did have slightly high cholesterol and had recently started taking a statin. When he woke up in the ICU, he was stunned.

“I remember talking to my cardiologist and going, ‘What? Cardiac arrest? My heart stopped? How am I still here?’ And my doctor said ‘yes, someone found you and did CPR.’”

The cardiologist said Rob would need bypass surgery before leaving the hospital. His family couldn’t visit him there, because of COVID restrictions, but they could wave at each other through the window. There were also a lot of FaceTime calls. As soon as his surgery was over, Rob couldn’t wait to get home.

Meanwhile, Ros and Anne didn’t know if Rob had survived. He was still “John Doe” when they first tried to follow up.

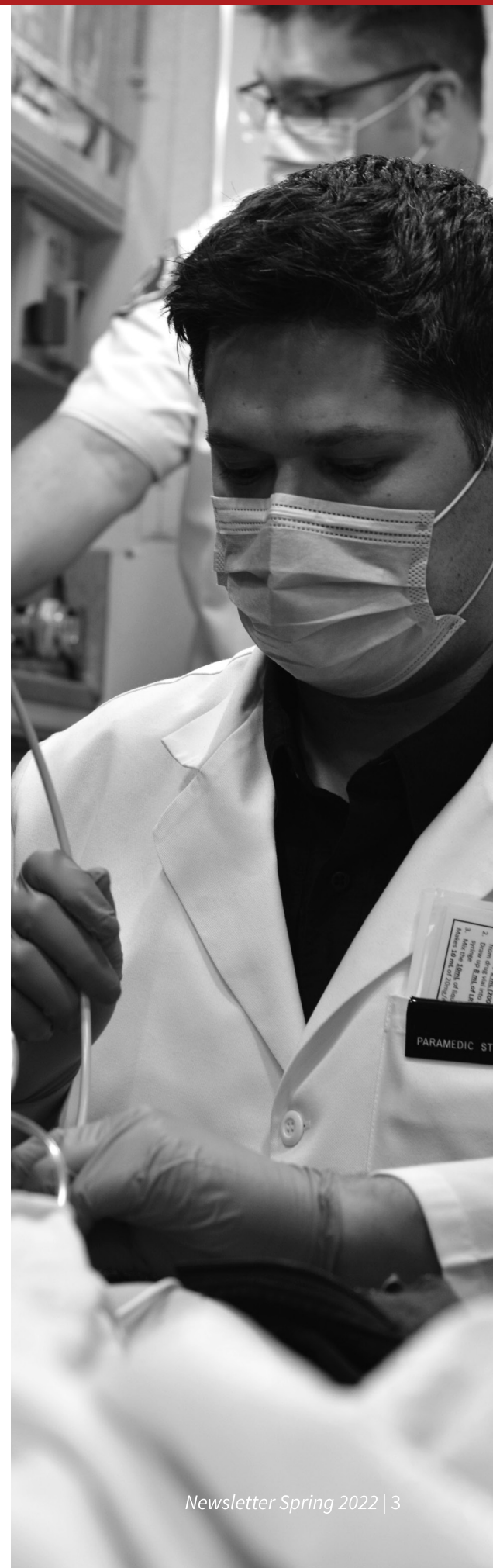
“It was hard not to know,” said Ros. “My husband was a marathoner, and he used to go out without ID. He once had a heart incident when he was in the park, which he self-reported.” Rob, she thought, “could have been my husband.”

Rob’s wife wanted to reach out also, to thank the women who had stopped to help him on the trail. Her sister contacted the fire department to find them, and Rob, Ros, and their families became friends.

“I was really grateful to Rob and his family that they reached out, because it was an incredibly traumatic experience for me and for his family. So, it was really wonderful to know what happened. I’m very happy and grateful,” says Ros.

“It’s just unbelievable,” says Rob. “So many events had to take place for me to be here today. I’m lucky that Ros and Anne were there, both trained; that they acted; that we have Medic One trained paramedics; that the hospital was not full of COVID patients. All those things had to go right, and I am very grateful.”

And, Rob says, “Now I carry ID in my running shoes.”



## Welcome Our New Board President, Brian Webster



■ Brian Webster, Board President

Please join us in welcoming Brian Webster into his new role as President of Medic One Foundation Board of Directors.

Brian has served on the Medic One Foundation board since 2007 and will serve as president for the next two years. He succeeds Brooks Simpson, who has served as the president since 2019. Brooks will continue on the board in the role of Immediate Past President.

Brian is the President and Chief Executive Officer of Kestra Medical Technologies. He has over 29 years in the medical device industry, including 15 years as a President/CEO. He brings broad knowledge of emergency medicine and has served on multiple non-profit boards over the years.

“I am pleased to welcome Brian into the role of Board President,” said Kim Duncan Martin, Executive Director. “Like Brooks, Brian brings a wealth of experience and expertise, and will be a tremendous asset to Medic One Foundation as we further our mission to save lives by improving pre-hospital emergency care.” Thank you, Brooks and Brian, for your incredible service and dedication to the Medic One Foundation community!



■ Richard Spangler



■ Denise Dubuque

## With Much Appreciation

We would like to say thank you to outgoing board members, Richard Spangler and Denise Dubuque.

We are truly grateful for both Richard and Denise’s dedication of time and energy to the Medic One Foundation over the years.

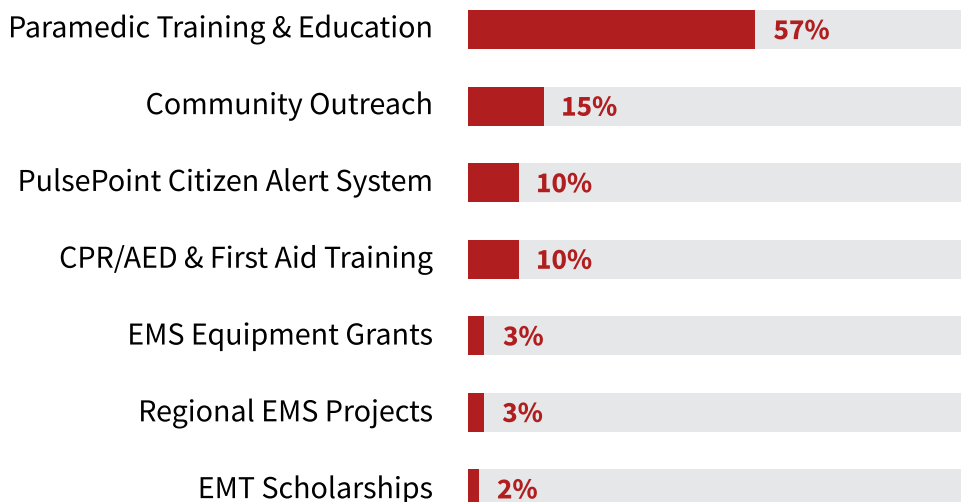
**We wish them the best in their next endeavors.**



## Medic One Foundation 2021 Financial Highlights

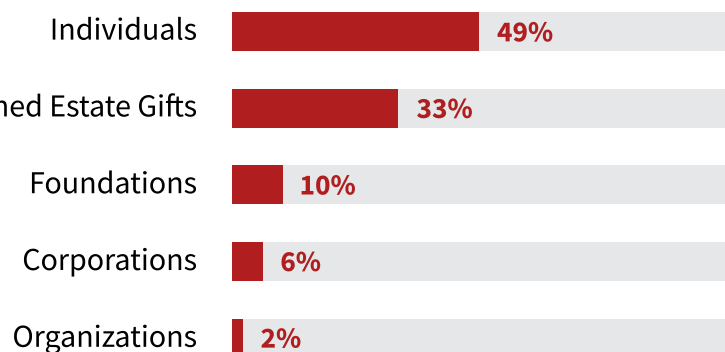
### IMPACT OF YOUR GENEROSITY

**\$1.49 MILLION**



### DONATIONS BY SOURCE

**\$2.1 MILLION**



### STATEMENT OF POSITION\*

Unrestricted	\$3,817,466
With Donor Restrictions	\$2,898,758
<b>Total Net Assets</b>	<b>\$6,716,224</b>

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





■ Nancy C. Buffington (center) surrounded by her loving family.

## Blazing New Trails for Medic One Foundation

Nancy C. Buffington, PhD, believed in helping people find their passion and follow it. “She saw the potential in people,” says her daughter, Sharlene McCambridge. “Her favorite quote (modified from a Robert Browning poem) was ‘Let your reach exceed your grasp.’”

Living her whole life as a trailblazer, Nancy followed her own passions very well. She made a personal commitment to health and wellness, then taught Super Slim and Trim women’s exercise classes, took Red Cross lifesaving courses, and helped create a cardiopulmonary rehabilitation program. She earned an Emergency Medical Technician (EMT) certification, one of the first women to do so. As a Washington State senator,

*“The Medic One Foundation was so important to her,” says Sharlene. “Medic One was just really important. It empowered her when she got her EMT certification. It empowers people to help people.” Exactly what Nancy Buffington wanted.*

one of her committees was Health and Social Services. In Nancy’s career and personal life, she was always engaged and supportive with others.

“My mom loved people,” says Sharlene. “She was very genuine, authentic; very understanding; very empathetic.” So, when she heard of the Medic One Foundation, it was a perfect fit for Nancy Buffington’s personal philosophy and ideals.

She joined the Foundation's Board of Directors in 2006 and later its Board of Advisors. She brought important diversity and a wide range of knowledge to the board, including a great deal of fundraising experience. She became a strong advocate for Medic One and for the training supported by the Medic One Foundation.

In her later years, as a widow, Nancy moved into Mirabella in downtown Seattle, where she continued her connection to the Medic One Foundation through its existing relationship and educational programs with Mirabella residents.

Nancy never needed to be served personally by Medic One paramedics, but she had very clear knowledge of how essential that service can be to many people. She remained a long-time donor to the Foundation's annual fund. Nancy's last few years were spent living in West Seattle, enjoying friends and family, singing karaoke, and always wearing a bit of red somewhere on her outfits. She went to the movies every Saturday with her daughter, and she still cared for others. "My mom was so loving of people," says Sharlene. "She got others through the pandemic with her fun attitude; she brought joy to their lives."

At her death in April 2021, Nancy continued her lifelong tradition of helping others. She was a generous planned giving donor to the Medic One Foundation, and her bequest will support training for students in the Michael K. Copass, MD Paramedic Training Program at Harborview. That training saves lives every day.

"The Medic One Foundation was so important to her," says Sharlene. "Medic One was just really important. It empowered her when she got her EMT certification. It empowers people to help people." Exactly what Nancy Buffington wanted.

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If our lifesaving mission is important to you, like it was to Nancy, 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.

For more information, please visit our website at [mediconefoundation.giftplans.org](https://mediconefoundation.giftplans.org) or contact Sara Oshikawa-Clay, Director of Philanthropy, at (425) 625-2032 or [sara@mediconefoundation.org](mailto:sara@mediconefoundation.org).

## Citizen Responders

### Over 800 Microsoft Employees Receive Hands-only CPR/AED Training

Last October, Medic One Foundation participated in Microsoft's annual Giving Campaign where employees take part in fundraising opportunities, micro-volunteering, and more.

Due to the COVID-19 health concerns, the Foundation utilized online platforms to provide virtual Hands-only CPR/AED training to over 800 employees both locally and abroad, reaching people in Pennsylvania, Texas, Florida, Georgia, New York, Massachusetts, Japan, Nigeria, India, Ireland, and Finland. The employees not only learned a valuable, lifesaving skill, but also helped raise over \$35,000 for the Foundation through their volunteer time and donations, which were matched by Microsoft.



## Paramedic Training Class 48 Students Participate in First Trauma Training Drill

It was a cold and rainy Monday morning in January, as twenty paramedic students prepared for their first Trauma Drill at the Joint Training Facility in Seattle. In the station, the scenarios were being organized, volunteer patients were being briefed, and Seattle Fire Department firefighters/EMTs were arriving to assist with the drill.

By 9:00 AM, the first students, paired into groups of two, headed to their patients with their gear in hand as senior paramedics and physicians observed and took note of their assessment and treatment plan.

The entire day was spent rotating from one scenario to another, assessing, treating, and transporting patients suffering from severe traumatic injuries, such as gunshot wounds, stabbings, and falls, to a mock-hospital where

*To stay up-to-date on the training and education of the paramedics that you help support, follow us on [Facebook](#), [Twitter](#), [Instagram](#), and [LinkedIn](#) at @MedicOneFndn.*

Two paramedic students, with assistance from Seattle Fire Department firefighters/EMTs, load their patient into their medic unit for transport to the mock-hospital.

senior paramedics and physicians critiqued each student's performance and provided valuable feedback and instruction.

This is one of many training drills that will take place over the next few months. The drills are hosted by fire departments, including Seattle, Bainbridge Island, Redmond, Shoreline, and Bellevue. Each drill addresses specific medical scenarios, such as trauma, sudden cardiac arrest, and pediatric emergencies.

These drills, which are critical to the successful training and education of our region's paramedics, are not possible without the support of our donors.





## EMT Scholarship Recipients Pursue Their Dreams

Kate Saylor was pre-med in college, majoring in biochemistry and molecular biology, and was preparing to apply to medical school. “A surgeon I was shadowing had been an EMT and loved it,” says Kate. “At the time I was working in a lab, and did not love that. I thought that I could become an EMT and get to practice medicine and learn about medicine.”

Kate took the EMT course at North Seattle College and got a job with Tri-Med right out of school. “I fell in love with emergency medicine, loved the course, love my job,” she says.

Jordan Shelley had a similar experience. He grew up on Whidbey Island and, as a teenager, rode along with EMS crews there. “I’ve always wanted to go to medical school,” says Jordan. “One of the surgeons at Island Hospital told me how he got started. He recommended being an EMT, getting patient contacts, and seeing what it means to be a caregiver in the field.”

After graduating with a degree in biochemistry, Jordan took some time off to think about his next

steps. He was sitting at a coffee shop when a group of firefighters walked in. “I went up and talked to them about EMT courses. A firefighter talked to me about everything, and he said that North Seattle College was the best.”

For both Kate and Jordan, scholarships from the Medic One Foundation made it possible to take the EMT course at North Seattle College.

“It was amazing,” says Jordan. He was doing food deliveries at the time, not making much money. “I was barely able to pay for rent,” he says, “but I knew I needed to get started with EMT. I found out about the scholarship when I went to take the placement test.”

Kate was living on her own, and the scholarship was “very helpful.”

*Continued on page 10*

*Continued from page 9*

“I was unemployed because I quit my job and didn’t work during the course. I needed time to be fully committed to it.”

“I loved the fact that the instructors are all either current or former firefighters or medics,” says Kate. “They told us stories from calls they’d gone on; they could relate class work to field work. We could ask them about their craziest call, worst call, best call—real life situations that we’d eventually be in as well.”

“We spent three months learning something that could mean life or death in the field for someone else,” says Jordan. “We worked in clusters, really getting to know each other. In class, with hands-on stuff, we practiced on each other. We met two or three times a week to practice and study; the instructors encouraged us to do that. We helped each other succeed.”

“I loved it!” says Kate. “It was one of the most challenging courses, a quiz every day, moved very quickly. If you’re present and pay attention, you’ll be fine. Every instructor wants you to pass.”

Both Kate and Jordan are working in King County now, Kate at Tri-Med Ambulance and

Jordan with AMR, American Medical Response, and they’re looking at future options in patient care. Both are grateful for the EMT course at North Seattle College, and the scholarships from Medic One Foundation that made it possible.

“This was the perfect way to find out if I still wanted to do patient care,” says Jordan. “I’m helping the community in King County, finding out if medical school is still my goal. If that doesn’t feel right, I might want to become a paramedic.”

“I’m sitting for the MCATs (Medical College Admission Test) in a couple of months,” says Kate. “I was thinking about pediatrics, but after taking this course, I’m very interested in emergency medicine, being a trauma surgeon. And while medical school is still my goal, I would also be very happy being a paramedic.”

Thanks to a generous gift from the Motorola Solutions Foundation, the Medic One Foundation was able to provide fourteen EMT Scholarships for the 2021/2022 school year at North Seattle College.

*If you would like to learn more about the EMT Scholarship Program or help support future scholarships, please visit [mediconefoundation.org/emt](https://mediconefoundation.org/emt).*





SCAN ME TO  
REGISTER

## Upcoming Events

Join the Medic One Foundation this spring for a **free Hands-Only CPR/AED class** to learn the lifesaving skills and knowledge necessary when responding to a sudden cardiac arrest! Your instructors will include Medic One Foundation certified trainers, including a retired Seattle Fire Department paramedic. Classes will be offered both online and in-person at the Mercer Island Community and Event Center.

To register, please visit [mediconefoundation.org/events](https://mediconefoundation.org/events). Space is limited for in-person classes, so please register at your earliest convenience. For questions, contact our office at (425) 625-2137 or [cpr@mediconefoundation.org](mailto:cpr@mediconefoundation.org). We look forward to having you join us!

DATE	TIME	LOCATION	REGISTRATION DEADLINE
Wednesday, May 11	11:00 AM-12:00 PM	Online Class	Friday, May 6
Wednesday, May 18	11:00 AM-12:00 PM	Online Class	Friday, May 13
Saturday, May 21	10:30-11:30 AM	Mercer Island Community and Event Center	Wednesday, May 18
Wednesday, June 1	11:00 AM-12:00 PM	Online Class	Friday, May 27
Saturday, June 4	10:30-11:30 AM	Mercer Island Community and Event Center	Wednesday, June 1
Wednesday, June 8	11:00 AM-12:00 PM	Online Class	Friday, June 3

## Certified AHA Heartsaver® CPR/AED and First Aid Courses

**Are you in need of a CPR/AED or First Aid certification for a job, babysitting, or school?** Register now for an in-person or hybrid certified American Heart Association (AHA) Heartsaver® CPR/AED or First Aid course. We offer both adult, child, and infant training classes. Visit [mediconefoundation.org/cpr](https://mediconefoundation.org/cpr) to learn more. There's no better time to acquire the knowledge and skills necessary to help save a life.





## MEDIC ONE FOUNDATION

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

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## DISPATCH

Newsletter Spring 2022



Paramedic students from Class 48 participated in their first Trauma Training Drill this January. The drill tested their knowledge and skills in the assessment, treatment, and transport of patients suffering from traumatic injuries, such as gunshot wounds, stabbings, and more. *Read more on page 8.*