



DISPATCH

MEDIC ONE FOUNDATION

Newsletter Spring 2023



A Daughter Becomes Her Mother's Hero

"It was the 27th of December last year," Colleen remembers. Her daughter Courtney, son-in-law Carlyle, and baby granddaughter Harper May had been visiting for Christmas and were staying at the house.

Continued on page 2

“Courtney was sitting on the couch looking at me. I was kneeling on the floor, playing with the baby. I said, ‘God, I am so dizzy.’ And I fell on my right side.”

Courtney acted immediately, calling for her husband to dial 911 as she started CPR. Mercer Island firefighters/EMTs arrived quickly and took over, using a defibrillator to restore Colleen’s heart rhythm.

“I woke up in my living room, on the floor, and everyone was looking at me,” says Colleen. “I asked Courtney, ‘Am I dreaming? What happened?’ I asked her 12 to 15 times if I was dreaming. I couldn’t quite understand this.”

Bellevue paramedics were on the scene as well. As they and the firefighters/EMTs worked on her, Colleen became a little more aware of the activity going on around her.

On the way to the hospital, Colleen was awake enough to ask what had happened to her. “One of the paramedics said, ‘Well, you had a sudden cardiac death; your heart stopped beating. And your daughter gave you CPR. She’s a hero.’”

“As they pulled into Overlake Medical Center,” says Colleen, “There was a nurse and ten other people swarming the bed. And the nurse said, ‘Where’s your hero daughter? I heard she did CPR.’ And I said something that made them all laugh. They said, ‘We don’t get people coming in here and talking and laughing when they’ve been through what you have.’”

A few months later, Colleen is doing well and has an ICD (Implantable Cardioverter Defibrillator) to keep track of her heart rhythm and deliver a shock if necessary. She found some humor in that.

Colleen Packard (fifth from the right) and her family reunite with the Mercer Island firefighters/EMTs and Bellevue paramedics who helped save her life.



“When they told me I was going to have a defibrillator, I told my husband that it might affect the cable TV if it goes off,” says Colleen. “I said he’d have to learn how to turn it back on, because I’m not going to feel like doing it!”

It’s been an emotional time for Colleen, as she adjusts to a new reality that she could be vulnerable. She and her husband have done some work to put their lives in order, just in case something happens again. And she’s very, very grateful to the firefighters/EMTs and paramedics who took care of her.

“I love them! I was asked if I’d like to meet them, so we met at the Mercer Island fire station. The EMTs were there, and the Bellevue paramedics came over, too. We had a nice ceremony and I brought treats. I got a stack of lifesaving medals to give to them, and also to my daughter.”

Colleen continues to stop by the fire station with thank-you gifts for the people who saved her life. “Almost every week, I bring them treats. I just put little notes in there ‘for Mrs. Packard’s angels.’ They were very sweet, very funny when I met them. I am so grateful.”

Earlier this month, Colleen hosted a Medic One Foundation CPR/AED Training Class for friends and family at the Mercer Island Library. For information on upcoming CPR/AED & First Aid Training Classes, please visit [mediconefoundation.org/programs/cpr](https://www.mediconefoundation.org/programs/cpr). CPR can save lives, sign-up today.

To discover ways to support the training of future Medic One paramedics, please visit [mediconefoundation.org](https://www.mediconefoundation.org).

Among the Most Highly Trained Paramedics in the World

Charitable contributions to Medic One Foundation are the primary source of financial support for the Medic One Paramedic Training Program. With your help, we will ensure that our region’s paramedics receive an exceptional education that far exceeds national standards.

Our donors have funded the education and training of more than 700 paramedics, representing 22 local fire and emergency services providers, serving more than 2,500,000 people.

Paramedic Training Program Highlights



Patient Contacts

Students average 600 patient contacts, which is more than three times the national average.



Treatment

Students participate in the treatment of over 250 sudden cardiac arrest victims combined.



Medical Skills

Class performs, on average, over 4,000 IVs and 600 intubations, two of the most difficult skills to master.



Hours of Instruction

Students receive 2,100 hours of instruction, which is nearly double the national recommendation.



Margaret Levis, a Lifelong Learner, Teacher, and Friend of Medic One Foundation

Margaret Levis was a happy and generous person, a lifelong learner who contributed a great deal to her community and her friends. “She was giving in all kinds of ways,” says Elizabeth Miller, Margaret’s best friend. “Whether through personal interactions or giving through her financial resources.”

As a young woman, Margaret majored in history and French, with a minor in philosophy, and planned to study Chinese. Eventually, she became a teacher in the Seattle Public Schools. She taught French language, culture, and history for 36 years. Elizabeth was one of her students when Margaret was a new young teacher. “I loved French and made it my major at the University of Washington,” says Elizabeth. I kept in touch with Margaret, writing to her in French. She gave me guidance when I applied for a Fulbright teaching scholarship in France, which she had done herself.”

A lifelong friendship grew and matured. “We traveled a lot together, starting in 2000, and created memories to last a lifetime.” In retirement, Margaret continued her commitment to the people of Seattle. She volunteered at Seattle Children’s Health Information Department. At the UW’s Suzzallo Library, she translated medieval Italian manuscripts. As always, she connected with people everywhere she went. She was brilliant in every way. “She made every day count,” says Elizabeth. “She had a unique and amusing way of looking at things; she could have been a stand-up comedian. She was extremely intelligent.”

Margaret was a faithful annual donor to Medic One Foundation. When she died in 2021, she left a very generous bequest, which has been used to support scholarships for paramedic students. Her generosity continues to benefit her community, as Margaret did throughout her life. “Margaret was a born teacher, so I believe she would be very happy that her bequest is being used to educate paramedics,” says Elizabeth. “She left a legacy of relating to people and giving to people. She was someone you would never forget. My most unforgettable friend.”

If our lifesaving mission is important to you, like it was to Margaret, please consider a bequest of your own to 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.

Another option is a tax-smart gift called a Qualified Charitable Distribution (QCD) or an IRA rollover, which allows for an immediate gift to our mission. If you are 70½ or older, you can transfer any amount up to \$100,000 annually directly from your IRA to support our lifesaving mission! The transfer doesn’t generate taxable income, which could keep you in a lower tax bracket.

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



Upcoming Events

Saturday, May 13, 2023

MEDIC ONE 50TH ANNIVERSARY DINNER

Join us in paying tribute to the founders, paramedics, physicians, instructors, and community members who helped build Medic One into one of the world's leading pre-hospital emergency medical systems.

Seattle Hyatt Regency | 6:00 PM

To register, please visit mediconefoundation.org/50years.

Saturday, October 28, 2023

LIFESAVERS GALA

Please join us for a fun-filled evening of fine dining, signature cocktails, exciting auctions, and to honor our region's firefighters and paramedics who respond every day to catastrophic disasters and medical emergencies.

Bellevue Hyatt Regency | 6:00 PM

To learn more, visit mediconefoundation.org/lifesaversgala. Registration opens Monday, June 5th.

Get Ready to GiveBIG This May!



Last year, in King County alone, paramedics responded to 42,000 calls for life-threatening emergencies such as trauma, cardiac arrest, and stroke. Please help us meet the high demand for financial support to ensure that communities in

King County continue to have the most highly-trained Medic One paramedics possible.

Join us on May 2-3 for GiveBIG! Your gift of \$25, \$50, \$100, or whatever you can afford will put more than 24 paramedics on our streets next year—paramedics who will receive exceptional, world-class training that far exceeds national standards.

Gifts made between May 2-3 will be matched dollar-for-dollar, up to \$13,000, by a generous anonymous donor. To learn more, please visit mediconefoundation.org/givebig.



John-Carlos Aaron (middle) receives his graduation certificate from Dr. Michael Sayre, Medical Director, (left) and Eric Timm, Program Director (right).

Emerald Heights Community Funds the Training of the Next Generation of Redmond Paramedics

John-Carlos Aaron had a dream. A young business owner, he felt he was meant to do something more fulfilling with his life.

“My mother was a social worker, who would go into people’s homes and help them, and my father was an ICU nurse who practiced medicine,” says John-Carlos. “I wanted to find something that combined those two things. A friend of mine said, ‘Hey, why don’t you come visit the fire station down in Redmond? The paramedics do both of those things.’”

John-Carlos took his friend’s advice and was invited to go on an emergency medical call... to Emerald Heights. “The paramedics on that call showed compassion, practiced medicine, and provided care to a person in need. I was

“The paramedics on that call showed compassion, practiced medicine, and provided care to a person in need. I was immediately inspired and knew that this was the direction I wanted to take.”—John-Carlos Aaron, Redmond Paramedic

immediately inspired and knew that this was the direction I wanted to take,” he says.

Emerald Heights residents have been strong supporters of Medic One Foundation since 2014, when then-new resident Leonard Nelson moved in. He and his wife, Mae, were already major donors on their own, and Leonard wanted to educate their fellow residents about the Foundation’s work and inspire them to provide financial support. That was the beginning of an annual challenge match campaign involving the entire Emerald Heights community.

As the years passed, new generous supporters have joined the challenge match effort. To date, donations from the many Emerald

Heights sources have reached over \$300,000, funding the training of 12 paramedics who all serve Emerald Heights residents. John-Carlos became a firefighter in Redmond, eventually testing into the Medic One Paramedic Training Program at Harborview. After 10-months of rigorous training, he graduated last July and, thanks to the funding from Emerald Heights, is now on the streets of this community as a paramedic.

“I’ve learned to provide extensive care; to set up the mobile ICU, recreating—on the streets, in the back of an ambulance—what my father would do in the hospital; and I’m able to touch the lives of people who dial 911, like my mother did, going to people’s homes.”

In addition to the year-end challenge match, the Emerald Heights community also supports Medic One Foundation and their own community through the resident-run Emerald Marketplace, which includes a coffee shop, small grocery store, thrift shop, and second-

hand furniture store. The funds they raise are split evenly between their Benevolent Fund for people who have outlived their resources, and Medic One Foundation.

“It all comes from residents who enjoy the camaraderie and working together to benefit others,” says Nancy Clancy, immediate past president of the Emerald Heights Resident Association. “We have a lot of 911 calls here each year, so we all feel really good about supporting the Medic One Foundation!”

In 2022, Medic One responded to over 135 calls at Emerald Heights. John-Carlos is often one of the paramedics who answers the call. “King County Medic One, the Paramedic Training Program, UW Medicine, Harborview—they changed my life, and I hope I can carry on the legacy of those who came before me,” he says. “I’m grateful to the people of Emerald Heights for all their donations, for their support, for being there. Because of donors like these, we get to do the work that we do every day. Thank you.”



Honoring Dr. Leonard Cobb’s Incredible Legacy

More than 50 years ago, Dr. Leonard Cobb had a vision, a vision that would alter the way our region and, much of the world, approached emergency medical care. This idea was Medic One, one of the country’s first efforts to deliver advanced care to patients before they arrived at the hospital. Over the years, countless lives have been saved, thanks to Dr. Cobb’s incredible leadership, foresight, and relentless work ethic.

We would like to honor Dr. Cobb’s legacy. His work has and will continue to change and save lives. Thank you, Dr. Cobb, for all that you did for our communities and the world. You will be greatly missed by all. To learn more about Dr. Cobb’s influence and legacy, please visit mediconefoundation.org/drcobb to read our full tribute and watch a special video.



Paramedic students practice treating pediatric patients suffering from various medical emergencies with Seattle Children's high-fidelity training manikins.

Paramedic Students Practice Treating Pediatric Patients with High-Fidelity Manikins

Although rare, emergencies involving children and infants can be very intense. They have unique medical needs, their anatomy differs from adults, such as a shorter trachea, and they often can't communicate what's wrong or how they were injured.

To help paramedic students gain the skills and knowledge necessary for treating this unique population, the Medic One Paramedic Training Program partnered with Seattle Children's who adopted the Pediatric Emergencies for Pre-hospital Professionals (PEPP) course. This

course was created over 30 years ago by the American Academy of Pediatrics. Doctors, nurses, paramedics, and fire chiefs from around the country came together to create a specialized course with the goal of standardizing care for pediatric patients. Many of the doctors involved in its creation were from Seattle.

This course has now become a critical component of the Medic One Paramedic Training Program, thanks to the Seattle Children's doctors and nurses who lead the lectures and simulations for current paramedic students. Training topics include airway emergencies, shock, trauma, and more. When practicing their skills, paramedic students utilize high-fidelity pediatric manikins that can simulate breathing, make noises, move, and even have a palpable heartbeat.

This drill, which is critical to the successful training and education of our region's paramedics, would not be possible without the support of our donors.



Students in North Seattle College's EMT Training Program practice securing a patient with severe traumatic injuries onto a backboard.

For Helen Greer, Being an EMT is More than a Job, It's Her Passion

As a high school student at Tacoma School of the Arts, Helen Greer chose a major in illustration—but she always had an interest in science and medicine as well.

“I wasn't sure what I wanted to do. I went to college in Missouri and got a degree in biology,” says Helen. “After graduation I worked at different jobs for a few years, including clinical research.”

Then, on a visit to her boyfriend's parents in Eastern Washington, everything became clear. His relatives are first responders for fires; in other emergencies, their role is to go out and direct traffic so medical personnel and police officers can do their work. While Helen was there, a call came in.

“Someone didn't brake on a hairpin turn and wasn't wearing a seatbelt; he was ejected from his vehicle. Medics came and worked on him for an hour, but he didn't make it. It was very sad, but watching them help him made me realize that I wanted to do this work.”

Helen was accepted to the EMT Training Program at North Seattle College. Funding from the Medic One Foundation's EMT Scholarship Program made it possible.

“It was really amazing for me to receive that. I try to be financially responsible, but I've never worked a job that allowed me to save a lot of money. The scholarship was a very big deal for me; otherwise, I would have had to use up all the money in my emergency fund. That would have been a financial domino situation.”

As she worked through the classes, Helen knew she'd made the right choice. Students were put into groups (called “companies”) at the beginning of the course; they studied and practiced skills together.

“It really built a sense of camaraderie; we were very good at holding ourselves accountable, encouraging and helping each other. We would always say, ‘We’re the cool group!’ I think everyone probably said that about their own groups.”

Instructors, all professionals in the field, rotated through the classes, teaching a variety of ways to perform tasks. “I really enjoyed getting the instructors’ opinions,” says Helen. “It was cool to hear the different ways there are to do tasks and then to choose the way I’d like to do things. It was designed to promote growth for each student.”

Skill testing days were challenging. During the class period, instructors would come in, call a few students’ names, and they’d leave class to be tested. “It’s like being on the job, because you don’t know what’s coming when, like real emergencies. It was good training. On some days, I was so excited that I didn’t feel nervous.”

Helen was hired as an EMT by Tri-Med Ambulance immediately after graduation, along with one of her classmates. She loves her job.

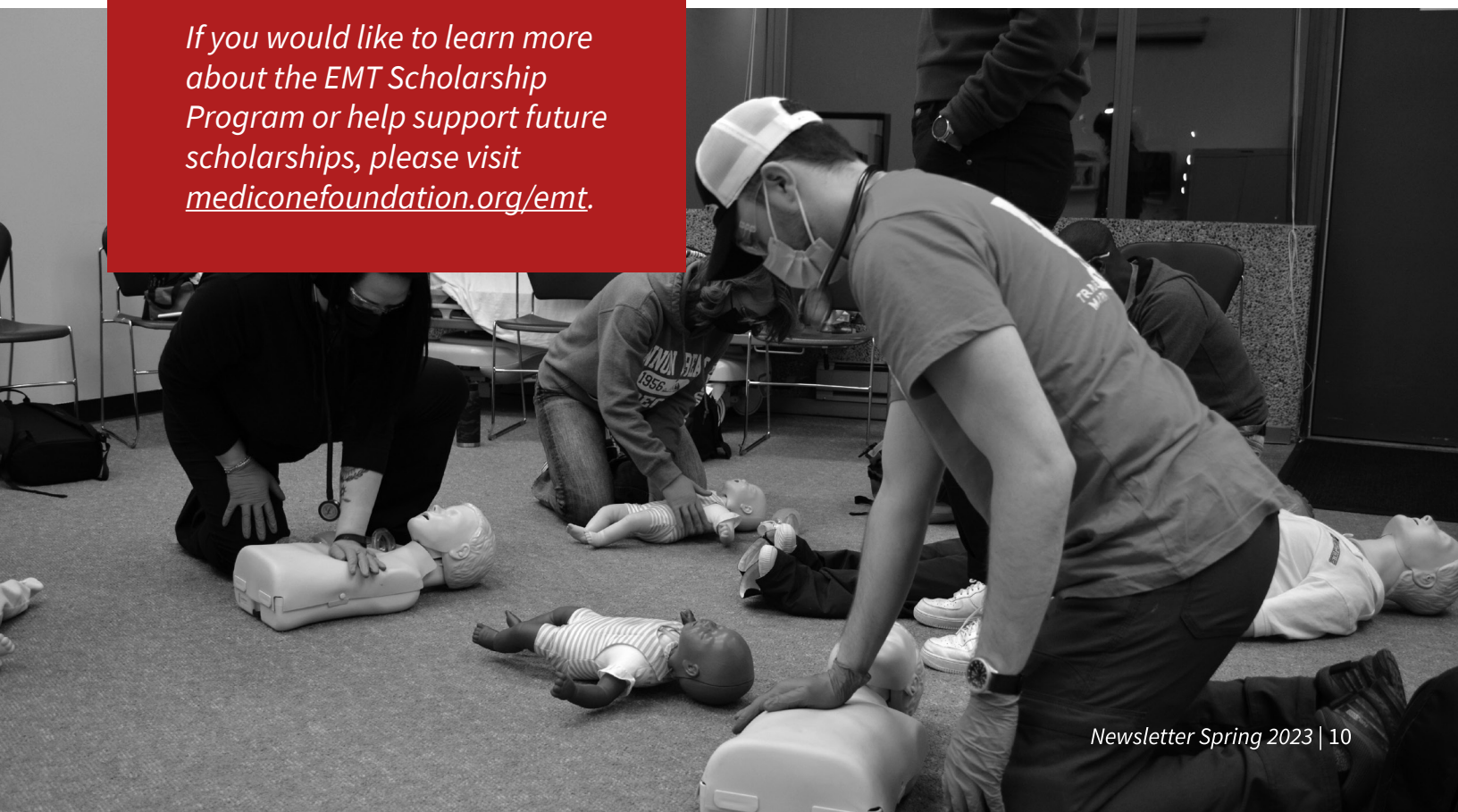
“Interesting things happen all the time; at the end of every day, I think, ‘Wow, everything today was just great!’ I’ve never felt that way before. I guess that’s what happens when you love your job and you’re fulfilled by it.”

As a child, Helen was focused on helping other people. As an EMT, she helps people in her community at a time when they need it most. She’s exactly where she wants to be, thanks to the EMT Scholarship Program.

“A big ‘thank you’ to the donors! I’m very grateful for their support on this academic journey. I want to donate to the Medic One Foundation myself in the future, to help them the way they’ve helped me.”

North Seattle College students practice infant, child, and adult CPR, one of many critical skills that they gain while training to become new EMTs.

If you would like to learn more about the EMT Scholarship Program or help support future scholarships, please visit mediconefoundation.org/emt.





SCAN ME TO REGISTER

Free CPR/AED and First Aid Training Classes

Join Medic One Foundation for a **CPR/AED and First Aid Training Class** to gain the knowledge and skills necessary for responding to medical emergencies! Our trainers are all certified instructors and will provide class participants quality hands-on experience and instruction in emergency medical care.

To register, please visit mediconefoundation.org/programs/cpr or scan the QR code. Space is limited for in-person classes, so please register at your earliest convenience. American Heart Association (AHA) certification cards are available for \$30 (CPR/AED) or \$60 (CPR/AED & First Aid). For questions, contact our office at (425) 625-2137 or cpr@mediconefoundation.org. We look forward to having you join us!

In-person Classes

DATE	TIME	Class
Saturday, May 20th	10:00 AM-1:00 PM	CPR/AED & First Aid Class
Wednesday, May 24th	4:30-7:30 PM	CPR/AED & First Aid Class
Friday, June 2nd	10:00 AM-1:00 PM	CPR/AED & First Aid Class
Saturday, June 3rd	10:00 AM-1:00 PM	CPR/AED & First Aid Class
Monday, June 5th	4:30-7:30 PM	CPR/AED & First Aid Class
Tuesday, June 27th	4:30-7:30 PM	CPR/AED & First Aid Class
Thursday, July 20th	4:30-7:30 PM	CPR/AED & First Aid Class

Online Classes *(Certification not included)*

DATE	TIME	Class
Wednesday, May 10th	11:00 AM-12:00 PM	CPR/AED Class
Thursday, June 1st	11:00 AM-12:00 PM	CPR/AED Class
Tuesday, June 13th	11:00 AM-12:00 PM	CPR/AED Class
Tuesday, July 11th	11:00 AM-12:00 PM	CPR/AED Class



MEDIC ONE FOUNDATION

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“The goal of the Medic One Foundation is to ensure that the best possible care is provided to the patient.”
–Leonard A. Cobb, MD, Co-Founder Seattle Medic One