



DISPATCH

MEDIC ONE FOUNDATION

NEWSLETTER FALL 2023



"Through my training, I've learned how to recognize what a high-functioning team looks like and how to develop that back home."

-Chris Easter

Continued on page 2

PARAMEDIC STUDENT READY TO SERVE HIS SMALL COMMUNITY

Chris Easter always knew he wanted to help people. For a few years between high school and college, he tried to figure out how best to do that.

"I partnered with non-profit organizations to go to South Africa, Botswana, Guatemala, and the Philippines," says Chris. "Then I came home and realized that I didn't need to travel around the world to find people who needed help."

After college, still looking for how to answer his calling, Chris turned to his father—a graduate of Medic One Paramedic Training Class 30—for ideas.

"All I knew of the Paramedic Training Program, until this past year, was that I didn't see my dad for a year, and then he came back with a wealth of knowledge and tons of experiences. I realized this could be a way to pair up my passions. It's community-oriented, helping with emergent situations."

Chris jumped in, working for both Camano Island and Snohomish Regional Fire and Rescue as a firefighter/EMT before applying for paramedic training. "I chose the Medic One Paramedic Training Program because of family ties and because other paramedics I gravitated toward had gone through Medic One. The structure of the program is unparalleled; the people they attract are highly dedicated, and they continue to seek growth."

The program, he learned, is intensely challenging.

"It's a sacrifice of your social and family life; nothing completely prepares you for that. Another challenge for everyone is how to step into the program, realizing that there will be moments when you fail. You have to turn critical feedback into learning points and move forward. You come out of every call and think, okay, what else could I have done, or what did I miss that I could do next time?"

Toward the end of his training, Chris was called to a non-responsive 70-year-old woman. She was hypertensive, with irregular respiration, and began seizing as they approached.



Continued from page 2

"I had an amazing partner that day; we were in sync. We directed a differential diagnosis and treatment plan to stabilize her, then transported her to the hospital," says Chris.

"The Medic One Paramedic Training Program gave me the skills to think critically at a speed that keeps the call moving but doesn't let me miss things. Through my training, I've learned how to recognize what a high-functioning team looks like and how to develop that back home."

WELCOME PARAMEDIC TRAINING CLASS NO. 50



This year, we celebrate our 50th paramedic training class. Twenty-seven students representing emergency services providers throughout our region are enrolled in the Medic One Paramedic Training Program this fall.

This is our largest class ever! Their 10-month long training began September 6th and will extend through June. During that time, they will undergo 2,100 hours of rigorous training, including classroom instruction, clinical rotations, and extensive field experience on Medic One paramedic units. Welcome, Class 50!

**Will you help put 27 expertly trained students on the streets next year?
To make a donation, visit www.mediconefoundation.org.
Your gift saves lives!**

SEAHAWKS ORGANIZATION

100 PERCENT CPR/AED CERTIFIED



After Damar Hamlin of the Buffalo Bills suffered a cardiac arrest in the middle of a game last season, the Seattle Seahawks were proactive in ensuring that members of their organization were equipped with the skills necessary to respond to a medical emergency if it were to happen on their own turf.

Last May, Medic One Foundation partnered with the Seahawks and Virginia Mason Franciscan Health to provide CPR/AED training to the Seahawks staff, as well as Washington state high school football coaches and their Seahawks Flag Football RCX Gameday representatives.

"As we saw last season with the medical efforts that saved Damar Hamlin on the field, CPR saves lives," Seahawks president Chuck Arnold said. "With Lumen Field welcoming more than two million guests each year, We felt it was important that all of our staff were trained with what to do in an emergency situation. Increasing the number of people in our community who are certified in CPR will make an impact at the most critical time, Whether it's at an event at Lumen Field or at home with family. I'm proud that our staff came together to complete this training as a team and encourage others in our community to become certified as well."

By June, the team announced that 100 percent of their full-time front office staff across business, stadium, and football operations are now CPR/AED certified. The Foundation will continue to provide CPR/AED training to new employees as a part of their onboarding process with the Seahawks.

CERTIFIED CPR/AED AND FIRST AID TRAINING FOR YOUR BUSINESS

Medic One Foundation provides cost-effective onsite AHA-certified CPR/AED and First Aid Training to prepare your employees in case of emergency.

To schedule a class, please contact us at (425) 625-2031 or cpr@mediconefoundation.org.

NEW TRANSPORT VENTILATOR PROVIDES CRITICAL SUPPORT DURING PATIENT TRANSFERS

Earlier this year, Medic One Foundation provided Whatcom County Fire District 5 in Port Roberts a \$5,000 grant to help purchase a much-needed transport ventilator for their department. A transport ventilator is a portable, mechanical device that takes over the work of breathing when a patient cannot breathe on their own. "This transport ventilator will provide our paramedics with the capability needed to provide patients the highest level of care during treatment and transportation times of greater than an hour," says Christopher Carlton, Fire Chief for Port Robert Fire Department.

Port Roberts, an exclave of Washington, is only accessible by crossing the international border and driving 25 miles through Canada. Each year, thanks to the generosity of the community, the Medic One Foundation awards rural fire departments in our region with grants to help purchase critical medical equipment to help save more lives.

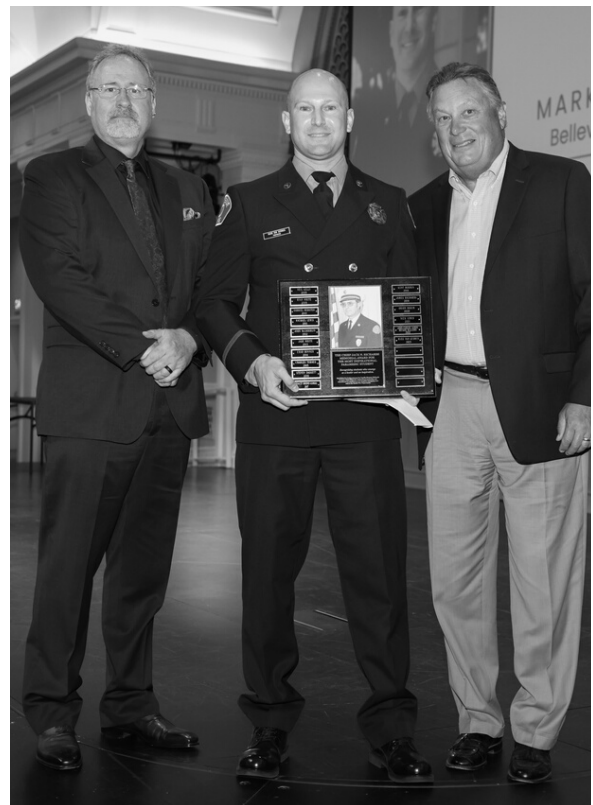
"Your efforts to support one of the most isolated areas of Washington is substantial to our community," says Chief Carlton. "Words cannot express our gratitude."

RICHARDS AWARD

At this year's Paramedic Training Graduation for Class 49, the Medic One Foundation presented the Chief Jack N. Richards Memorial Award for the Most Inspirational Paramedic Student to Mark Van Gerwen.

Mark came to Paramedic Training from Bellevue Fire Department, serving as a Firefighter/EMT since 2018. When he arrived, Mark embraced the idea of being "all in." Throughout the year, he demonstrated a diligent and unassuming attitude. According to his instructors, Mark constantly desires to learn more, and he is very good at communicating with his paramedic partner, the patient, and surrounding team members.

The Chief Jack N. Richards Memorial Award was established in 2008 to honor the late Seattle Department Chief Richards' inspirational



From left: Eric Timm, Mark Van Gerwen, Craig Peterson

Continued from page 5

leadership and commitment to excellence in pre-hospital emergency care. Chief Richards worked for the Seattle Fire Department for 32 years, being appointed Chief in 1972. He was a life-long advocate for Medic One and was one of the founding board members of the Medic One Foundation. Upon his passing in 2008, Chief Richards' generous family established the fund to support this annual award.

Congratulations, Mark, on being honored as this year's Chief Jack N. Richards Memorial Award recipient. And thank you to the Richards family for making this award possible!

THE INVESTMENT OF A LIFETIME

We understand that the decision to leave a loved one, friend, or charitable organization a gift through your estate plan is a personal and important one. Did you know that beneficiary designations are an easy and often used way to transfer certain types of assets to loved ones or charitable institutions, like Medic One Foundation, that you want to support in your estate plans? In fact, a beneficiary designation we received last year helped us train 22 paramedics who are now on the street saving lives.

Two of the largest assets of most Americans are Life Insurance and Qualified Retirement Plans or IRAs.

Beneficiaries for Life Insurance are named during the application process and can be changed via the issuing company's specific process. It would help if you considered naming both primary and secondary beneficiaries. A similar process exists for commercial annuities owned through a life insurance company.

Qualified Retirement Plan beneficiaries are also typically named when the IRA or other qualified retirement plan account is first established. Changes to your beneficiaries are generally easily made through the process of the financial services company that manages your retirement plan (typically through their online portal).

Qualified Retirement Plan beneficiaries are also typically named when the IRA or other qualified retirement plan account is first established. Changes to your beneficiaries are generally easily made through the process of the financial services company that manages your retirement plan (typically through their online portal).

For more information on the transfer of assets via beneficiary designation, request our complimentary guide, *Beneficiary Designations: A Powerful Estate-Planning Tool That Can Benefit Your Loved Ones and Charities*. Simply call or email Sara Oshikawa-Clay at sara@mediconefoundation.org or (425) 625-2032 for your FREE copy.

MEDIC ONE FOUNDATION MARKS OPENING OF NEW MEDIC ONE PARAMEDIC TRAINING FACILITY

On October 10, representatives from Medic One Foundation, Harborview Medical Center/University of Washington, Aldarra Foundation, local Fire/EMS agencies, and long-time Medic One donors celebrated the grand opening of the new Medic One Paramedic Training facility on the Harborview Medical Center campus.

The 2,700-square-foot facility was funded by a generous grant from the Aldarra Foundation. The new space includes a teaching-staff office, three high-fidelity simulation training rooms, a larger equipment storage room, and a state-of-the-art classroom to provide immersive training to paramedic students.

“Before this new facility, we had a 900 square foot training space to prepare our paramedic students for an increasingly complex environment,” said Eric Timm, Director of Paramedic Training. “At the same time, demand for more paramedics in the field has grown, and sufficient facilities to meet the increased demand were urgently needed.”

“This new facility meets those needs and will help set the bar for exceptional emergency training to current and future students,” says Timm. The 2,100-hour training program enables paramedic students to receive lectures from University of Washington physicians, acquire extensive field training and the direct supervision of Seattle Fire senior paramedics, and complete clinical rotations in local hospitals like Children's, Harborview, and University of Washington Medical Centers.

“This is a momentous occasion for paramedic training and our community,” stated the Foundation’s Executive Director Kim Martin. “We are so thankful to the Aldarra Foundation and our many donors for ensuring our Medic One paramedic students receive the finest education and training possible.”



From left: Eric Timm, Sommer Klewno-Walley, Brian Webster, Brad Barnard, and Kim Martin

SAVE THE DATE
L I F E S A V E R S G A L A 2 0 2 4

MARVELS & MEDICS

SATURDAY, OCTOBER 26 | HYATT REGENCY BELLEVUE

CPR/AED & 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!

To register for an upcoming class, please visit mediconefoundation.org/programs/cpr or scan the QR code. If you need certification, 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) 625-2031 or cpr@mediconefoundation.org. We look forward to having you join us. If you do not need certification, you can attend for free.



2022 ANNUAL REPORT

Please join us in celebrating the impact you made in 2022. Last year, the Foundation supported critical programs and initiatives that significantly impacted the number of lives saved by our region's Medic One emergency system.

Scan to read:

