



# DISPATCH

MEDIC ONE FOUNDATION

NEWSLETTER WINTER 2025



*“The ability to make a significant impact on people's lives, especially in their most vulnerable moments, is a privilege I hold dear.”*

*– Annika Thornburg, Class 50*

*Page 2*

---

# A LIFE OF SERVICES ON BAINBRIDGE ISLAND

**Annika Thornburg's journey to becoming a firefighter and paramedic began on Bainbridge Island. Influenced by a mentor who was a paramedic, she experienced a pivotal ride-along at age 15 that sparked her passion for emergency medical services and cemented her desire to give back to her hometown.**

After starting college in Oregon with plans to major in environmental science, Annika soon realized her true calling lay elsewhere. She left college and moved to Seattle to work with a private ambulance company. There, she experienced a profound moment that solidified her commitment to the field. Following a challenging call involving a critically ill child, a doctor's reassuring debrief inspired Annika to pursue a career where she could support both patients and her colleagues.

Annika's ambition led her to the University of Washington, where she began Pre-Med studies while volunteering with Bainbridge Island Fire Department. However, the onset of the COVID-19 pandemic shifted her focus, prompting her to attend Fire Academy in 2020. In 2021, she was hired as a firefighter/EMT at Bainbridge Island Fire Department.

In fall of 2023, Annika began paramedic training with Class 50, a rigorous program that immersed her in the practicalities of the job from day one. Despite the intense workload and steep learning curve, she found the experience immensely rewarding.

"One of the most memorable moments in my early training was responding to a cardiac arrest call," says Annika.

**Visit [mediconefoundation.org](https://www.mediconefoundation.org) to learn more about the Paramedic Training Program and help support paramedics like Annika.**



"Although it was my first cardiac call and the pressure was immense, I, along with my team, led to the patient's full recovery." The handwritten letter of thanks from the patient, now kept in her workbag, serves as a poignant reminder of why she chose this path.

Reflecting on her career choice, Annika acknowledges the unique and sacred trust the public places in paramedics. "The ability to make a significant impact on people's lives, especially in their most vulnerable moments, is a privilege I hold dear," says Annika. "The support from Medic One Foundation donors has been instrumental in my training and success, and I'm grateful for their support."

Annika graduated in July, 2024 marking the culmination of a journey filled with personal growth, professional challenges, and a deepening commitment to serving her community. Over the past six months, she has been putting her skills into practice in the field. As a member of the Bainbridge Fire Department, Annika continues to bring her expertise, compassion, and leadership to the forefront, ensuring the safety and well-being of her community.

# COMMUNITY AED PROGRAM: INVESTING IN LIFESAVING ACCESS

**Did you know that sudden cardiac arrest strikes more than 350,000 people outside of hospitals in the United States each year, often without warning?**

Immediate intervention can mean the difference between life and death, which is why the Medic One Foundation is proud to announce recent grant awards through our Community AED Program. These awards exemplify our commitment to ensuring access to life-saving technology across the Puget Sound region.

**In 2024, a total of 16 AEDs have been granted to the following organizations:**

- **Life Support / City of Roslyn (Roslyn, WA)**
- **A Better Quality of Life (Seattle, WA)**
- **Lake Stevens Youth Football Association (Lake Stevens, WA)**
- **Kings of Kings Lutheran Preschool (Renton, WA)**

These grants were made possible through the generosity of our donors, who share our vision for safer communities. As we celebrate our 50th year, we invite community members and potential partners to join us in this mission, ensuring that every community is equipped to respond effectively in times of crisis.

The statistics are sobering: for every minute without CPR and defibrillation, a person's chance of survival decreases by 7% to 10%. That's why we believe that widespread CPR training and access to AEDs are critical.

For more information about our Community AED Program, visit [mediconefoundation.org](https://mediconefoundation.org)



## THANK YOU TO OUR GENEROUS 2024 PARTNERS!



THE BELLEVUE  
COLLECTION™



Providence  
SWEDISH

OVERLAKE  
MEDICAL CENTER & CLINICS



Gesa  
Credit  
Union



UW Medicine

PulsePoint

PNC BANK

EvergreenHealth  
Your Community-Owned Hospital

Evergreen  
Emergency Services

*Nickel*

Alaska Air

Bainbridge Island Volunteer Firefighters Association

Clise Properties

Columbia Distributing

DP Foundation

Hightower Bellevue Advisors / Melissa and Randy Williams-Gurian

John and Anne McGary

Virginia Mason Franciscan Health

*Copper*

Almo Lipman Drew Group

Tri-Med Ambulance

*Friends*

Washington State Council of Fire Fighters

Greenwood Ohlund

Seattle Children's

# CELEBRATING LIFESAVING EXCELLENCE: HIGHLIGHTS FROM THE LIFESAVERS GALA

**On October 26, the Medic One Foundation hosted an unforgettable Lifesavers Gala in celebration of our 50th anniversary, bringing together our community to honor five decades of lifesaving excellence and support the ongoing work of Medic One paramedics.**

Guests were deeply moved by the powerful stories of Tristan and Ryker, two young men whose lives were forever changed thanks to the heroic efforts of our highly trained paramedics. Their stories served as a vivid reminder of the vital role that Medic One paramedics play in saving lives every day.

Brent Beardall, CEO of WaFd Bank, delivered a keynote speech that perfectly captured the spirit of our mission. His inspiring words resonated with the audience and set the tone for a night of generosity and hope. Entertainment for the evening was provided by Sue Nixon, a cardiac arrest survivor, whose soothing performance added a deeply moving element to the event.

Thanks to the incredible support from our sponsors, donors, volunteers, and staff, we are thrilled to share that the event raised over \$1.5 million! These funds will go directly toward training the next generation of paramedics, ensuring that life-saving care is available when it's needed most.

If you couldn't attend or want to relive the evening, we encourage you to visit our website to watch our Lifesavers Video and learn more about our mission. And be sure to mark your calendar for this year's **Lifesavers Gala on October 25, 2025**—we can't wait to see you there! Visit [mediconefoundation.org](http://mediconefoundation.org)



# BUILDING A LEGACY: THE SHORTS' ENDURING COMMITMENT TO MEDIC ONE

**Sixty-four years ago, Dr. Floyd Short was a young resident physician in North Carolina. One day, while in the hospital cafeteria, he spotted an amazing young woman and asked his friends, "Wow! Who is that?" He soon learned she worked in the psychiatric ward.**

"I was the admitting nurse, and they told me we were getting a patient from the medical section of the hospital," Faye Short recalls. "This young intern showed up with the patient and got her admitted. He came back the next day for rounds, and I was impressed. And the next day, he came again. So, I said to the head nurse, 'I'm so impressed with that intern. He has come every day to make rounds on this station.' She looked at me and said, 'Hey, you don't get it; he's coming to see you!'"

Throughout their journey together, Faye supported Floyd's passion for cardiac care and emergency medicine. Floyd's career paralleled the evolution of cardiac resuscitation. When he started, CPR and defibrillators didn't exist. Everything changed when Dr. Leonard Cobb invited him to join Harborview Medical Center, where Floyd helped launch Medic One.

Floyd helped design Medic One's first mobile van, ensuring every tool had its place. He also rode alongside paramedics during the program's early days, refining protocols and equipment. His dedication went beyond Seattle: in 1973, he initiated a groundbreaking training program on Mercer Island, teaching firefighters to use defibrillators in the field. Under his guidance, Mercer Island firefighters became the first in the U.S.—and likely the world—to save a life with field defibrillation.



Floyd's impact extended to Medic One Foundation, where he served as a board member and later President, driving fundraising efforts to support training, research, and innovation.

The Shorts have experienced Medic One's care firsthand. "The minute they walk in the door, everything's better," says Faye. "They not only have the expertise, but they make you feel better."

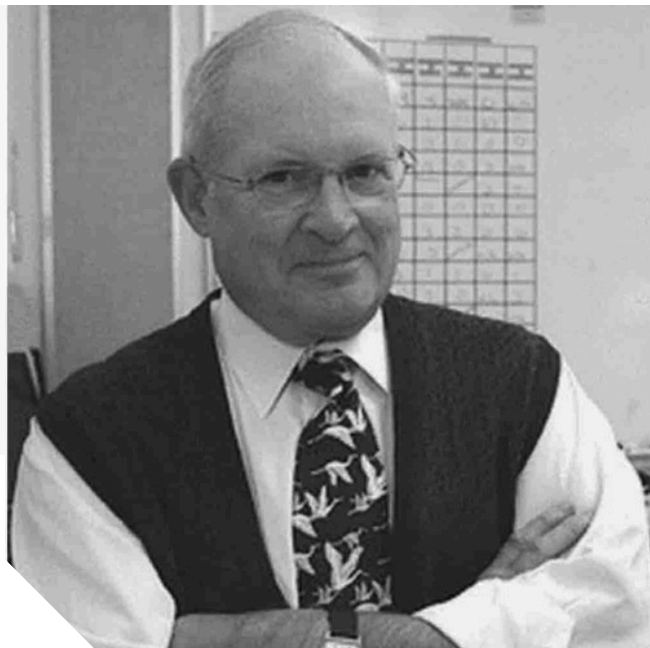
Their commitment to Medic One endures through their planned gift, ensuring its life-saving mission continues for generations. "If anyone has had paramedics come to help, all you want to say is, 'Please, train some more!'" says Faye.

Planned gifts like theirs sustain Medic One's innovation and excellence, ensuring trained professionals are always ready to save lives. Join Floyd and Faye in creating a legacy that reflects your values. Every gift contributes to a future where every second counts.

**Learn more about how you can create a legacy of life-saving impact. Visit our website or call us at 425-625-2137 for more information about planned giving to support Medic One Foundation.**

---

# A LIFESAVING LEGACY: HONORING DR. MICHAEL K. COPASS



**This past September, over 1,000 people gathered at the Museum of Flight to honor the extraordinary life and legacy of Dr. Michael K. Copass. Colleagues, paramedics, family, and friends shared heartfelt tributes, celebrating the man whose vision transformed emergency medical care and saved countless lives.**

Dr. Copass, who passed away last summer, was a trailblazer in emergency medicine. He joined the University of Washington in 1969 and became Director of Emergency Services at Harborview Medical Center in 1973, a role he held for 35 years.

A driving force behind Seattle's Medic One program, Dr. Copass helped shape its rigorous paramedic training, which became a national model for pre-hospital care. In 1975, he became Director of Harborview's Paramedic Training Program, mentoring generations of paramedics who continue to provide lifesaving care to the community.

His commitment extended far beyond Seattle. In 1982, he founded Airlift Northwest, inspired by a critical incident in Alaska where timely air transport was unavailable for a severely burned child. Since then, Airlift Northwest has transported over 4,500 patients per year, ensuring remote communities have access to lifesaving care.

Dr. Copass served on the Medic One Foundation board from 1978 to 2013, including as president from 2005 to 2008. During his tenure, he played a critical role in securing funding for lifesaving research and development, as well as providing scholarships that allowed smaller communities to train their personnel in the paramedic program.

The tributes at his memorial reflected his immense contributions and his lasting legacy. Though his passing leaves a tremendous void, Dr. Copass' enduring legacy lives on in the paramedics he trained, the lives he saved, and the programs he built. His dedication to service, innovation, and compassion will continue to inspire future generations.

**Though you are gone, you will never be forgotten. *Portable 55, out.***

# THE POWER OF MONTHLY GIVING: A PERSONAL STORY OF LIFE-SAVING IMPACT

**When you give to the Medic One Foundation, you're not just making a donation—you're investing in lives being saved and the wellbeing of our community.**

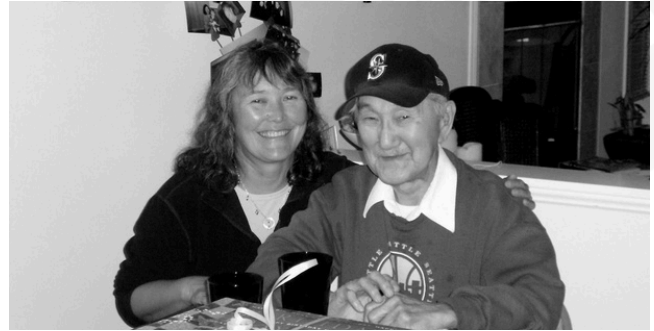
Monthly giving, in particular, offers a steady and reliable source of support that allows us to ensure our region's paramedics can continue to receive the rigorous training that helps them save more lives. Sumi Lavin, a friend and generous donor of the Medic One Foundation since 2007, shares why she made the commitment to monthly giving:

"My Dad loved bowling. It may have saved his life. He was at Leilani Lanes when he had chest pain that was recognized by the staff as a possible cardiac event.

EMS was activated with a 911 call, and Seattle Fire Department EMTs and Paramedics arrived to care for him. He was 65 years old. I was just starting medical school. He had open-heart surgery with veins from his legs placed to get around the blocked blood vessels in his heart. It was a successful surgery, and he then committed to daily exercise and a better diet. He kept bowling for the rest of his life to age 93! Our family got to enjoy him for 28 years after his cardiac event.

Medic One Foundation plays an important role in saving lives. First, it educates the public about identifying heart attacks and strokes and what to do when it happens. CPR/AED and First Aid training are part of the mission as well.

The Foundation is key in funding the education and training of paramedics, the ones who take care of people like my Dad, providing care immediately, safely, and quickly transporting them to the best hospital for their needs. Paramedics provide prehospital lifesaving care for cardiac, stroke, trauma, and other medical conditions.



As a physician, I recognize the important role of public awareness of serious medical conditions requiring immediate help. Having skilled paramedics available within the EMS system has been proven to save lives and improve quality of life in our community. These are the reasons I support the Medic One Foundation with a monthly donation."

Your monthly gift is more than just a donation; it's a commitment to the well-being and safety of our community. Your consistent support ensures that we can continue our mission to save lives by funding world-class training for our region's paramedics. Join our First Responders Monthly Giving Club and together, we can continue to honor stories like Sumi's and ensure that more lives are saved and families are kept whole.

**To join the First Responders Monthly Giving Club**, please visit our website at [mediconefoundation.org/ways-to-give/monthly-giving](https://mediconefoundation.org/ways-to-give/monthly-giving), scan the QR code or contact our office at (425)-625-2137.





**MEDIC ONE FOUNDATION**

11747 NE 1st Street, Suite 310  
Bellevue, WA 98005

(425) 625-2137  
mediconefoundation.org

NON-PROFIT ORG.  
US POSTAGE  
PAID  
Seattle, WA  
Permit No. 3911

# CELEBRATING OVER 50 YEARS OF EXCELLENCE IN PRE-HOSPITAL EMERGENCY CARE.



**DISPATCH**  
NEWSLETTER WINTER 2025