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**MEDIC ONE FOUNDATION**  
*50 Years of Funding Lifesaving Excellence*

**ANNUAL  
REPORT**

# OUR MISSION

TO SAVE LIVES BY IMPROVING PRE-HOSPITAL CARE.

## DRIVEN BY PURPOSE. POWERED BY COMMUNITY.

Through close partnership with our region’s EMS and fire agencies, the Medic One Foundation funds critical programs that have helped make our community one of the best places in the world to survive a cardiac arrest.

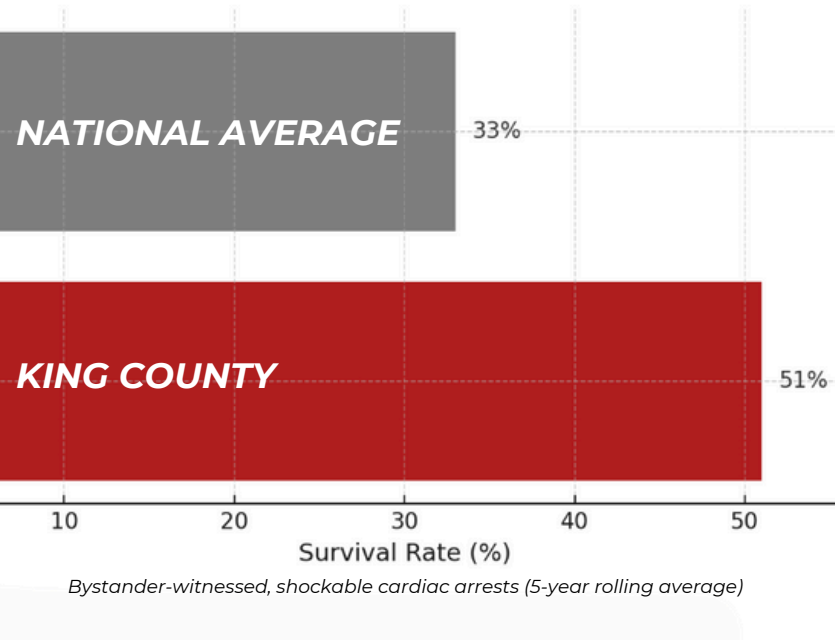
From paramedic training and CPR education, to community AED access, mental wellness initiatives, and lifesaving equipment grants, we invest in the full system of emergency medical response—ensuring that when lives hang in the balance, our region is ready.

## BECAUSE EVERY SECOND COUNTS.

“Each year, 250 million calls are made to 911 in the United States”

In King County alone, the Medic One/EMS system responds to over 250,000 emergency calls each year—**more than 50,000 of them life-threatening.**

### CARDIAC ARREST SURVIVAL RATES



### BY THE NUMBERS

4,500+  
DONORS

50,000+  
LIVES IMPACTED

\$2.7 MILLION  
FUNDING PROVIDED

To learn more about our programs or how to get involved, visit [mediconefoundation.org](https://mediconefoundation.org)



## MESSAGE FROM THE EXECUTIVE DIRECTOR



As we celebrate 50 years of lifesaving programs, I'm filled with gratitude for the extraordinary donors, partners, and supporters who have made this milestone possible. Your generosity has helped make our region one of the best places in the world to survive a cardiac arrest—and is powering a bold new chapter in our mission.

In 2024, we worked to meet the growing demand for highly trained paramedics, expanded access to CPR training across the community, and launched new programs like our Community AED initiative to give citizens more tools to save lives. We also invested in research, vital equipment, and system-wide improvements that continue to help raise survival rates and strengthen our region's Medic One system.

Looking ahead, we're turning our focus statewide. Through strategic planning and expanded funding, we are working to ensure that no matter where you live in Washington, you have access to the same high standard of pre-hospital emergency care.

Thank you for being an essential part of this lifesaving work—and for helping shape the next 50 years of impact.

With appreciation,

*Kim Duncan Martin*

Kim Duncan Martin  
Executive Director  
Medic One Foundation



# 50 YEARS OF LIFESAVING IMPACT

Since 1974, the Medic One Foundation has been at the forefront of funding programs that ensure the highest standards in pre-hospital emergency care. What began as a bold idea—training paramedics to deliver advanced care in the field—has grown into a nationally recognized model that has saved countless lives and inspired communities around the world.

## OUR IMPACT, BY THE NUMBERS

- \$17 million invested in advanced paramedic training for over 700 paramedics
- \$6 million directed toward improving emergency response protocols and outcomes
- \$3 million dedicated to research that advances the field of pre-hospital care
- \$1.5 million invested in emergency medical equipment for 50+ fire and EMS providers
- \$7.5 million+ committed to special projects like CPR/AED training, EMT scholarships, Medic II, mental health resilience, and the Resuscitation Academy

## A LEGACY OF INNOVATION

Thanks to donor support, the Foundation has championed some of the most influential EMS initiatives in the world:

- Dispatch Telephone CPR that guides bystanders through lifesaving interventions
- Public Access Defibrillation, putting AEDs within reach when seconds matter
- The Resuscitation Academy, now a global standard for improving cardiac arrest survival

These innovations—and so many others—are why our region is known as one of the best places in the world to survive a cardiac arrest.

## THE RIPPLE EFFECT OF EVERY GIFT

Every life saved is more than a number—it's a family that stays whole, a future that continues. Behind each paramedic, every AED, and every CPR-trained citizen stands a generous community that makes it all possible.

**Thank you for standing with us.**





# 2024 IMPACT AT A GLANCE

Thanks to your generosity, 2024 was a year of real results. Together, we expanded access to critical training, introduced new tools to save lives, and invested in innovations that strengthen emergency care across our region.

## STRENGTHENING PARAMEDIC EXCELLENCE

- Trained 27 new Medic One paramedics, now serving seven departments in the greater Puget Sound region
- Welcomed 30 new students into our intensive 10-month Paramedic Training Program
- Funded research to revitalize airway management curriculum—modernizing paramedic education, advancing national best practices, and developing the next generation of educator-leaders

## BUILDING A MORE INCLUSIVE EMS WORKFORCE

- Awarded 18 EMT scholarships to expand diversity and opportunity in emergency care

## EXPANDING LIFESAVING ACCESS

- Donated 19 AEDs to nonprofit organizations through our new Community AED Program
- Equipped 9 fire and EMS agencies with critical emergency care and training equipment

## EMPOWERING EVERYDAY RESPONDERS

- Trained over 3,000 individuals through 200+ CPR/AED & First Aid classes
- Expanded our Youth CPR/First Aid program
- Sponsored the PulsePoint responder app to activate citizen responders during cardiac arrests

## INVESTING IN INNOVATION AND FIRST RESPONDER WELLNESS

- Funded a new mental wellness platform designed specifically to support the unique needs of first responders
- Supported the UWEMS student-led EMS outreach and training initiative
- Funded innovative research to equip paramedics with portable ultrasound technology—helping improve diagnostic accuracy and resuscitation outcomes



# PARAMEDIC TRAINING

BUILDING LIFESAVERS FOR OUR REGION



**PATIENT CONTACTS**

Students average 600 patient contacts, which is more than 3x the national average.



**MEDICAL SKILLS**

Class performs, on average, over 4,000 IVs and 1,000 intubations, two of the most difficult skills to master.



**TREATMENT**

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



**HOURS OF INSTRUCTION**

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

For more than 50 years, charitable contributions have made it possible for the Medic One Foundation to deliver one of the most rigorous and respected paramedic training programs in the nation. Thanks to community support, our region’s paramedics receive advanced, hands-on education that goes far beyond national standards—preparing them to respond with skill, precision, and confidence when every second counts.

To date, donor generosity has helped train over **700 paramedics** serving **20 fire and EMS agencies** and protecting more than **2.5 million people** across the region.

In 2024, we took bold steps to strengthen the program’s future—funding research to modernize airway management education, investing in cutting-edge simulation tools, and launching a new strategic plan to expand impact and meet growing demand for highly trained paramedics.



**YOUR SUPPORT DOESN'T JUST FUND TRAINING. IT SAVES LIVES.**



# EMT SCHOLARSHIPS

## OPENING DOORS TO THE FUTURE OF EMS

The Medic One Foundation's EMT Scholarship Program, created in partnership with North Seattle College, is helping to build a more inclusive and accessible pathway into emergency medicine. By removing financial barriers and expanding opportunity for underrepresented individuals, this program is developing the next generation of EMTs who will go on to serve communities across Washington state.

Since its launch, the program has awarded 60 scholarships, helping students begin meaningful careers in lifesaving care.

In 2024, generous support from PNC Bank enabled us to award 18 new scholarships—empowering more aspiring EMTs to take the first step into the field and contribute to the strength and diversity of our region's EMS system.

### THANK YOU TO THIS YEAR'S SCHOLARSHIP SPONSOR:



# COMMUNITY AED GRANTS:

## LIFESAVING ACCESS WHERE IT'S NEEDED MOST

For over 25 years, the Medic One Foundation has partnered with fire departments, EMS agencies, and healthcare organizations to fund essential equipment that improves emergency care—awarding more than \$1.5 million to date, including \$50,000 in 2024 for high-impact tools like trauma kits and advanced simulation devices.

Priority was given to underserved areas where quick access to an AED can mean the difference between life and death.

With donor support, we awarded 19 AEDs to local organizations, empowering more communities to save lives before help arrives.

### 2024 GRANT RECIPIENTS

- A Better Quality of Life Group
- Kings of Kings Lutheran Preschool
- Lake Stevens Youth Football
- Life Support I-90 / City of Roslyn



# EMS EQUIPMENT GRANTS:

## ADVANCING CARE ACROSS OUR REGION

In 2024, we awarded \$50,000 in grants for high-impact tools—from trauma kits to advanced simulation devices—bringing our total to more than \$1.5 million in equipment funding to date.

### 2024 EQUIPMENT GRANT RECIPIENTS INCLUDE:

- Bainbridge Island Fire Dept.
- Everett Fire Dept.
- King County Fire District #50 (Skykomish)
- North Seattle College
- Sky Valley Fire (Goldbar)
- Snohomish County Fire District #15 (Tulalip Bay)
- South King Fire
- Renton Fire Authority

Whether in the classroom or out in the field, these grants help ensure first responders have the tools they need—when every second counts.



# SPECIAL PROJECTS

## ADVANCING INNOVATION IN EMS

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In 2024, the Medic One Foundation supported several targeted initiatives to strengthen the future of emergency care:

### FIRST RESPONDER MENTAL WELLNESS

Invested in mental health and resilience resources for EMS professionals, including funding for a licensed mental health counselor to support paramedic students. We also provided grant funding to explore new peer support technologies designed to reduce burnout and promote long-term wellness among first responders.

### UWEMS PILOT PROGRAM

Partnered with UWEMS, Washington's first collegiate-based EMS agency, to support student EMTs providing basic life support on campus—assisting Seattle Fire and enhancing safety across the UW community.

### ULTRASOUND PILOT RESEARCH

Supported a field study on paramedic-performed ultrasound to improve early diagnosis of respiratory distress in the field—an innovation with the potential to transform pre-hospital care.

### EXPANDING ACCESS TO LIFESAVING CPR

In 2024, Medic One Foundation trained over 3,000 adults and 800 youth in CPR, AED use, and First Aid through 200+ community and workplace classes. From students to professionals, our hands-on training helped people act quickly and confidently when every second counts.

Through our Youth Outreach Program, we partnered with groups like ScoutReach and Nick of Time to bring lifesaving education to schools, camps, and events—empowering kids as young as kindergarten to learn CPR and understand how EMS works in their community.

We also continued funding PulsePoint in King County—a free mobile app that alerts nearby trained users to cardiac arrests, locates AEDs, and shares real-time emergency updates. With more than 20,000 local responders, PulsePoint is turning bystanders into lifesavers.

Because saving lives doesn't start in the back of an ambulance—it starts with all of us.



# CELEBRATING GENEROSITY

## LIFESAVERS GALA: A NIGHT TO REMEMBER

In celebration of our 50th anniversary, the 2024 Lifesavers Gala was our most successful to date—raising over **\$1.2 million** to support Paramedic Training Class #50.

Held on October 26, the Gala welcomed almost 500 guests, including first responders, medical professionals, and community supporters, to honor the brave firefighters and paramedics who respond every day to life-threatening emergencies across our region.

Keynote speaker Brent Beardall shared his powerful survival story following a near-fatal plane crash, reminding us just how critical high-quality emergency care can be. The mission video featured two 19-year-olds whose lives were saved thanks to the fast, expert care of Medic One-trained responders.

Funds raised provided world-class training, high-fidelity equipment, and essential educational tools for the next generation of lifesavers. It was an unforgettable night of impact, inspiration, and community.



## WITH DEEP GRATITUDE TO OUR 2024 PARTNERS



THE BELLEVUE  
COLLECTION™



Providence  
SWEDISH

OVERLAKE  
MultiCare

MEDICAL CENTER  
& CLINICS



Gesa  
Credit  
Union

AIRLIFT  
NORTHWEST  
UW Medicine

PulsePoint

PNC BANK

EvergreenHealth  
Your Community-Owned Hospital

Evergreen  
Emergency Services

Alaska Air  
Bainbridge Island Volunteer Firefighters  
Association  
Clise Properties  
Columbia Distributing

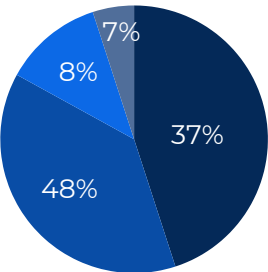
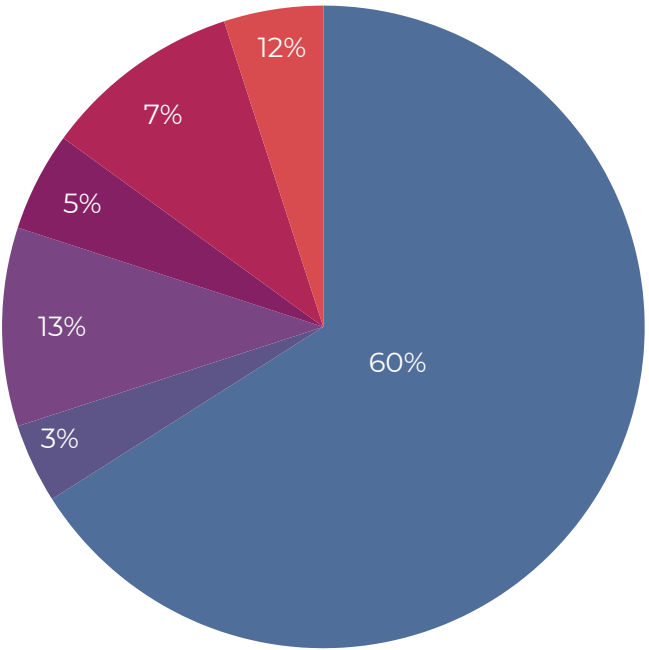
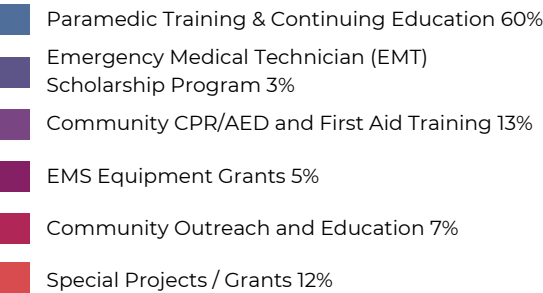
DP Foundation  
Hightower Advisors / Melissa and Randy Williams-Gurian  
John and Anne McGary  
Virginia Mason Franciscan Health



# FINANCIALS

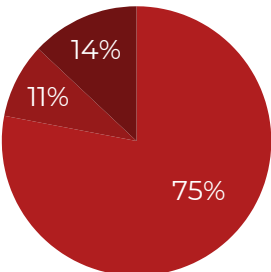
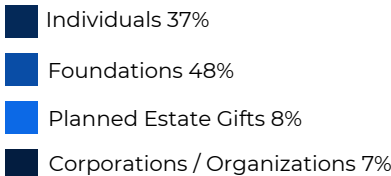
## IMPACT OF YOUR GENEROSITY

\$2.7 Million



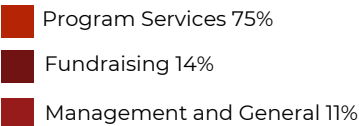
### REVENUE BY SOURCE

\$5.6 Million



### EXPENSE ALLOCATION

\$3.6 Million



## NET ASSETS

Available for current and future programs*	\$5,587,885
Donor restricted and endowed funds	\$5,526,860
Total Net Assets, end of year	\$11,114,745

\*Give.org / BBB Industry Standard: the charity's unrestricted net assets available for use should not be more than three times the size of the past year's expenses or three times the size of the current year's budget, whichever is higher. Medic One Foundation's 2024 operating budget was \$3.6 million. To ensure our programs success, the Foundation strives to maintain a 24-to-36-month reserve for program stability.

We're proud to have earned Candid's Platinum Seal of Transparency – the highest level of recognition for nonprofit transparency.

Tax ID: 91-6183158



## BOARD OF DIRECTORS

Our Board of Directors is composed of dedicated volunteers who provide financial oversight, guide strategic direction, and champion our mission through fundraising and advocacy. We are deeply grateful to the professionals and community leaders who served on our Board in 2024.

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**Executive Director**



## MEDIC ONE FOUNDATION

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

(425) 625-2137  
[mediconefoundation.org](http://mediconefoundation.org)

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