DISPATCH

FALL 2026



WHEN EVERY SECOND MATTERS, TRAINING MAKES THE DIFFERENCE.

THE NIGHT EVERYTHING WORKED

Ben Hanowell doesn't remember the moment his heart stopped. What he knows, he learned from his girlfriend Adriana.



It was in the wee hours of the morning — "around 1:55," he says — on April 13, 2025. He and Adriana had spent a wonderful Sunday walking around Seward Park. They'd had a small disagreement before bed, nothing serious. Ben remembers thinking they'd work it out in the morning.

Then he fell asleep.

Adriana, a former crisis counselor, lay next to him, listening to music. Ben was making what she later described as "weird, eerie death moans" — the telltale sound of a body shutting down. She knew immediately. She didn't hesitate. She called 911.

At first, she couldn't hear the operator — her audio was still connected to her earbuds. She pulled them out, reconnected to the dispatcher and began trying to revive him.

As she started chest compressions, Ben fell from the bed. He weighs about 205 pounds. "Literal dead weight," he says. He was starting to turn blue. She got him onto his back on the floor and continued CPR.

At the same time, the system around them was already moving. A dispatcher identified agonal breathing. The call was elevated to the highest priority — what Ben describes as "priority zero."

Then within minutes, firefighter/EMTs and paramedics arrived.

"Eight of them," Ben says. "They moved like lightning. They're a machine. They're amazing."

They moved him from the bedroom to the downstairs kitchen. Adriana doesn't remember them as individuals — just one steady presence. Calm, focused, all business. In that moment, Ben says,



"Adriana experienced something surreal, as if everything hung in the balance between life and death. Then someone said: 'I've got a pulse'."

Adriana remembers one of the paramedics keeping her from falling to her knees.

Ben had been clinically dead for at least 17 minutes. He knows that from the call log. He's done the math.

Before that night, Ben was the picture of health.

"I was 40 years old," he says. "I went to jiu-jitsu two to three times per week." He worked out regularly. He was preparing for his first tournament. He ate well, didn't smoke.

Cardiac arrest wasn't something he thought would happen to him. "It could happen to anyone," he says now.



Looking back, there were signs — episodes they dismissed as stress or panic. In hindsight, he had experienced chronic bradycardia and premature ventricular contractions. "Something was wrong," he says.

Ben woke up two days later.

Or rather, he kept waking up — over and over — in a state of medical delirium. Each time, he asked the same questions, in the same order:

What happened? Is Alice okay? (Alice is his daughter.) Is Adriana okay? Is everybody okay? He asked so many times that eventually a nurse wrote the answers on a note in permanent marker and placed it on his chest. When he finally came to — lucid enough to read it — the loop broke.

Recovery has not been straightforward. Ben now has an implanted defibrillator in his chest, "The Dude," he calls it, a nod to The Big Lebowski. Because The Dude abides. It's there to protect him, but it's also changed his relationship with his body. "I tried to return to all that too soon," he says. "And I quickly learned that I'm still a bit shaken up."

He used to love the feeling of his heart racing during workouts. "What does healthy really mean?" he says. "It doesn't just mean active. It means I'm here for the long haul — to grow as old as life will let me."

There are moments he notices now that he never would have before. The first morning he came home from the hospital, he found himself staring at the ceiling — at the way sunlight reflected through the window and cast small, striated patterns above him.

"I'd never recognized how beautiful that was," he says.

"I never truly recognized the beauty of life in general until I almost lost it."

There's one thing he's certain about. Survival isn't luck; it's a chain. His girlfriend, who knew something was wrong and didn't hesitate. The NORCOM operator, who got it right. The paramedics, who were ready. And the training that made their response possible. "I'd still be dead," he says, "if the highly competent NORCOM operator hadn't dispatched a team of paramedics forged by the best resuscitation training this world has ever known. Not one single word of that is an exaggeration."

That's why he's telling his story now. To say thank you. To get more people to learn CPR. And to remind anyone who will listen: "*It could happen to anyone.*"

UPDATE:

Since that night, Ben's connection to Medic One has come full circle.

Through sharing his story, he's gotten to know the Medic One Foundation, attended several of our events, and become a great friend of the organization.

And life has continued to move forward in some pretty wonderful ways. Ben and Adriana are now married, and his daughter, Alice, has become a volunteer with Medic One Foundation — giving her own time to support the system that helped save her dad's life.

For Ben and his family, what started with one extraordinary lifesaving response has grown into something much bigger: a lasting connection to the people and the system that gave him the chance to still be here.



WHAT DOES IT TAKE TO BECOME A PARAMEDIC?

In September, 30 students walked into the Medic One Paramedic Training Program and took a seat in the classroom for the first time.

They are firefighters and EMTs. But they are also parents, spouses, sons, daughters, and friends. They have families waiting for them at home, hobbies they love, communities they care about, and their own reasons for taking on one of the biggest challenges of their careers.

They are a lot like the rest of us. Except they have made a decision to become the person we hope shows up on one of the worst days of our lives.

For the next 10 months, that decision will ask a lot of them. Long days. Nights and weekends away from family. Hours of studying. They'll be pushed outside their comfort zones and entrusted with caring for real patients while they learn. They do it because they want to be better. Because they've been on calls where they wished they could do more. Because they want to return home prepared to provide the very best care to their communities.

AN EXTRAORDINARY OPPORTUNITY TO LEARN

What these students receive in return for that commitment is an education unlike most paramedic training experiences.

Here, classroom education, clinical medicine and real-world patient care happen together.

Within weeks, students are riding on Medic One units responding to 911 calls alongside experienced paramedics.

At the same time, they're rotating through area hospitals, learning directly from physicians, nurses, and specialists. All while continuing intensive classroom instruction, skills practice, and simulation.

They gain access to clinical experiences—including trauma and pediatric care—that many paramedic students simply don't have. And the sheer volume of hands-on experience allows them to see, practice, learn, and repeat until knowledge becomes judgment and confidence.

By graduation, they will have spent more than 2,000 hours preparing to make the right decision when information is limited, a family is frightened, and someone's life is in their hands.

> *These skills...give us the opportunity to make a direct impact on people's lives each and every shift."*
>
> *— Blake C, Class 52*

THEIR COMMITMENT. YOUR INVESTMENT.

This extraordinary level of training is possible because students, instructors, medical partners, and Medic One Foundation donors all play a part.

The students bring the commitment. They put in the hours, make the sacrifices, and accept the tremendous responsibility that comes with becoming a paramedic.

Our donors help ensure that commitment is met with the very best training possible.

Together, that's what creates a Medic One paramedic.

And the impact reaches far beyond the classroom.

These 30 students will serve communities from Seattle and Bellevue to King, Kitsap, Snohomish, and East Jefferson counties.

Someday, one of these students may care for you. Your spouse. Your child. Your parent. Your neighbor.

When they arrive, behind them will be thousands of hours of training, hundreds of patients, physicians, and experienced paramedics who taught them—and a community of Medic One Foundation donors who believed this level of training was worth investing in.

> *Nowhere else can a student get this much access to so much knowledge and training, and I don't take that for granted."*
>
> *— Kevin T, Class 52*



$ 2 MILLION

Invested in Paramedic Training This Year

30+4 STUDENTS

Your Future Paramedics in Training

MORE WAYS TO SUPPORT LIFESAVING CARE

Your support makes so much possible—from training the next generation of paramedics to providing critical equipment, expanding CPR education, and strengthening emergency medical care in communities throughout our region and beyond. Paramedic training remains our largest investment. This year alone, Medic One Foundation has committed $2 million to help train 34 future paramedics—30 students in the current class and 4 in an accelerated program.

Your contributions to this program help ensure that there are highly trained paramedics ready to respond when people like Ben Hanowell need them most.

"I'd still be dead," he says, "if the highly competent NORCOM operator hadn't dispatched a team of paramedics forged by the best resuscitation training this world has ever known. Not one single word of that is an exaggeration."

And Doug Henderson, heart attack survivor, in his time of need.

"If I had been anywhere else, I probably wouldn't be here. The speed, the quick diagnosis, the professionalism, it was an absolute lifesaving machine."

And for Alexis Curran, sudden cardiac arrest survivor, in her time of need.

"Not only did you save me, you saved my family, you saved my friends, everybody who loves me. You guys are my angels."

The professionals in each of these situations were there when needed because of your support.

As you consider your year-end giving, there are many ways to make a difference—and some may offer financial or tax advantages depending on your circumstances.

However you choose to give, thank you!
Your generosity helps ensure that first responders have the training, tools, and resources they need to provide exceptional care when it matters the most.

01. MAKE A YEARLY GIFT

Every gift matters. Together, they help provide the education, clinical experience, technology, and hands-on training that prepare our paramedics for the communities they will serve

02. GIVE FROM YOUR IRA

If you are 70½ or older, you may be able to make a Qualified Charitable Distribution directly from your IRA

03. GIVE APPRECIATED STOCK

Donating appreciated securities may provide tax advantages while putting the full value of your gift to work supporting our mission

04. GIVE THROUGH YOUR DONOR-ADVISED FUND

Recommend a grant from your DAF to Medic One Foundation

05. MAKE A MONTHLY GIFT

A recurring gift at any level provides support we can count on throughout the year

LEARN MORE HERE

EMT SCHOLARSHIP OPENS THE DOOR FOR JAKE PALISOC TO SERVE HIS COMMUNITY

For Jake Palisoc, becoming an EMT isn't just a career move — it's a personal calling

Having witnessed two separate medical emergencies—his grandmother's heart attack and his great-grandmother's stroke—Jake was inspired by the quick actions of emergency responders. From those moments, he knew he wanted to be the one providing critical care during someone's worst moments.

"I wanted a career dedicated to serving my community and prioritizing better health," Jake shared. "Inspired by people making a positive impact, I chose to follow the same path—starting with becoming an EMT."

After earning his undergraduate degree, Jake found himself working in the restaurant industry, a fast-paced job that paid the bills but pulled him away from his original pre-med goals. Surrounded by local hospitals and fire stations, he began conversations with doctors, nurses, firefighters, and medics—conversations that reignited his passion for healthcare.

When Jake enrolled in the North Seattle College EMT program last fall, he admits he underestimated what was ahead. "I thought it would be an easy course filled with people trying to get out of their current careers, but I couldn't have been more wrong. The instructors were incredible—experienced EMS professionals—and my classmates came from all walks of life with one shared goal: to care for people."

The program challenged him to think differently, shifting from scientific over-analysis to fast, big-picture decision-making. "Time is everything in EMS," he explained. "Sometimes you can't think too much—you have to act."

Since graduating, Jake has been working as an EMT for Tri-Med Ambulance, and started graduate school at the University of Washington, pursuing a Master of Public Health in Public Health Nutrition. His long-term goal is to attend medical school and combine high-acuity patient care with shaping policies that improve population health.

Jake says the Medic One Foundation's EMT Scholarship was instrumental in making his training possible. "This scholarship opened the door for me to pursue a career serving my community. I now have a job that gets me out of bed with purpose. I hope one day, as a physician, I can give back to this program so others can follow the same path."

The Medic One Foundation's EMT Scholarship Program provides tuition assistance to students at North Seattle College who are passionate about saving lives and serving their communities. By helping to grow the local EMT workforce, the program also strengthens the pipeline for future paramedics and physicians—ensuring that when emergencies happen, highly trained responders are ready to help.



We extend our heartfelt gratitude to

PNC

for providing 5 scholarships for the 2025/26 school year.

EQUIPPING FIRST RESPONDERS, STRENGTHENING COMMUNITIES.

Having the right equipment can make a critical difference—both in training and when first responders arrive at an emergency.

In 2026, Medic One Foundation received more than $300,000 in requests for critical EMS equipment. With the support of our donors, we awarded more than $120,000 in grants to 18 fire and EMS agencies, prioritizing equipment that strengthens patient care, responder readiness, and lifesaving training.

This year's grants also reflect the Foundation's growing ability to share resources and strengthen emergency medical care in communities throughout Washington—particularly smaller and rural departments where the cost of specialized equipment can be difficult to absorb.

Carbonado Fire Department
Field Expedient Bleeding Simulation System and SALAD Airway Trainer

Central Mason Fire & EMS
CPR and Intubation Manikins

Chelan County Fire District 5
4 EMS Bags

Darrington Fire District 24
3 Multi-Therapy Infusion Pumps, Cases and Cables

Garfield County Fire District 1
Powered Stair Chair

Grant County Fire District 7
Refurbished LIFEPAK

Grant County Fire District 3
Refurbished LIFEPAK

Grant County Fire District 13
CPR Manikins

Klickitat Fire Protection District 12
Refurbished LIFEPAK

Mason County Fire District 13
Refurbished LIFEPAK

Mason County Fire District 18
OB and Water Rescue Manikins

Skagit County Fire District 14
Hydraulic Extrication Equipment

Snohomish County Fire District 17
High-Fidelity EMS Simulation Equipment

Snohomish County Fire Protection District 27 — Hat Island
Weighted Training Dummy

South Pend Oreille Fire and Rescue
EZ-IO and IV Training Equipment

Spokane County Fire District 13
CPR Manikins

Whatcom County Fire District 16
Refurbished LIFEPAK

Yakima County Department of EMS
7 Training Ventilation Feedback Devices

$1.5 MILLION
In EMS equipment grants funded over 25 years

$120,000+
In equipment grants awarded just this year

18
Fire & EMS agencies supported this year

A GIFT FOR TOMORROW. AN IMPACT TODAY.

Legacy CHALLENGE

Medic One Foundation is excited to announce our first-ever Legacy Challenge—a special opportunity to make a lasting commitment to lifesaving emergency care while also supporting the paramedics our communities need today.

Thanks to the generosity of the Aldarra Foundation, established by June A. and William E. Boeing, Jr., Medic One Foundation has secured $1 million in matching funds for the Legacy Challenge.

Here's how it works:

When you include Medic One Foundation in your estate plans—or let us know about a new or increased planned gift—your commitment will unlock a 50% match, up to $50,000, that can be put to work now supporting the Medic One Paramedic Training Program.

And you don't need to make a six-figure commitment to make a difference. A future gift of $10,000 could unlock $5,000 today for paramedic training. A $25,000 future gift could unlock $12,500.

For those considering larger commitments, the match continues up to $50,000 per gift.

There are many ways to participate. Qualifying gifts can include a gift through your will or trust, a beneficiary designation on a retirement account or life insurance policy, a payable designation, or other planned gifts. If you've already included Medic One Foundation in your estate plans but haven't told us, your gift may qualify for the Challenge.

Legacy gifts have played an important role in Medic One Foundation's lifesaving mission since our beginning. Through the Legacy Challenge, those gifts can do something especially powerful: help ensure the future of exceptional pre-hospital emergency care while making an impact today.

The Legacy Challenge is available through June 30, 2028, or until the $1 million in matching funds has been fully committed.

Interested in learning more?

Visit mediconefoundation.org/legacychallenge

Or contact Sara Oshikawa-Clay, Director of Philanthropy:

Email: sara@mediconefoundation.org

Phone: 425-625-2032



NEW VOICES. SHARED MISSION.

Behind the work of Medic One Foundation is a dedicated group of volunteer leaders who give their time, expertise, and perspective to help guide our mission.

Our Board of Directors plays an important role in shaping the Foundation's direction, stewarding the resources entrusted to us, strengthening community partnerships, and helping us look ahead to where we can make the greatest impact. Their leadership helps ensure that Medic One Foundation remains strong today while continuing to advance lifesaving emergency medical care for the future. This year, we are pleased to welcome three new leaders to that work: Dr. Allison Webel, Joan Fanning, and Kelly McGivern. Each brings a different area of expertise—and a shared commitment to making a difference in our community.



Dr. Allison Webel, RN, PhD, is a nurse researcher and professor whose work focuses on healthy aging and improving quality of life for people living with chronic illness. A widely published researcher, Allison brings a valuable healthcare and academic perspective, along with a deep commitment to improving health and patient outcomes.



Joan Fanning has spent more than two decades helping nonprofit and philanthropic leaders clarify their vision, strengthen strategy, and expand their impact. Her experience helping organizations navigate growth and change brings important insight as Medic One Foundation continues to look toward the future.



Kelly McGivern brings experience in healthcare as a physical therapist and health technology project manager, along with a strong commitment to community service through her leadership with King County Explorer Search and Rescue. Her experience coordinating training and leading teams in complex emergency response environments brings a unique perspective to the Foundation's work.

Allison, Joan and, Kelly join a Board whose members contribute countless hours each year—serving on committees, building relationships, providing expertise, raising awareness, and helping ensure the Foundation has the resources and direction needed to fulfill its mission.

We are grateful to all of our Board members for the leadership they provide and delighted to welcome Allison, Joan and Kelly to the Medic One Foundation team!

BUILDING A LIFESAVING NETWORK ACROSS WASHINGTON

For over 50 years, Medic One Foundation has worked alongside fire and EMS providers in the Puget Sound region to help ensure they have the training, equipment and resources needed to deliver exceptional pre-hospital emergency care.

Now, we're taking what we've learned and helping communities across Washington do the same.

Medic One Foundation has launched a new affiliation program designed to help communities build sustainable, local support for their fire and EMS systems. Through the program, local leaders can establish an independent nonprofit organization while benefiting from Medic One Foundation's experience, resources and proven model.

Why Does This Matter?

Fire and EMS agencies across Washington face growing demand, rising equipment and training costs, workforce shortages and limited public funding. At the same time, donors, businesses, and community members want to support their local first responders but often don't have an easy way to do it.

Our affiliation program helps bridge that gap.

Affiliates are locally led, with boards working directly with area fire and EMS leaders to identify priorities and raise private funding for programs, equipment, and training that can be difficult to fund through traditional public budgets.

Medic One Foundation provides the framework to help them succeed, including guidance on nonprofit development and governance, fundraising, administrative support, branding, and communications.

Building a Network

Together, these organizations will form the Pacific Northwest EMS Affiliate Network, connecting communities committed to strengthening pre-hospital emergency care. Affiliates can learn from one another, share successful programs and collaborate on common challenges while keeping their focus — and their fundraising — local.

A Game Changer for Local Fire and EMS

For many fire and EMS providers, this model can be a game changer.

Departments know what their communities need, but they don't always have the staff, infrastructure or fundraising expertise to build a nonprofit from the ground up. This model gives them a pathway to build local philanthropic support without having to reinvent the wheel. We currently have two communities moving through the affiliation process and look forward to introducing them soon. For Medic One Foundation, this is a natural extension of our work and another step toward our vision that no one should die from a treatable medical emergency simply because of where they live.

ONE OF THEM MAY SAVE YOUR LIFE.

MEET CLASS 55 — THE NEWEST GROUP BEGINNING THEIR JOURNEY TO BECOME MEDIC ONE PARAMEDICS. THEIR COMMITMENT STARTS NOW.

SEE WHAT COMES NEXT → INSIDE



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