



SANFORD AMBULANCE VITAL SIGNS

Fall 2026

Compassion, Excellence and Community

2026 Jerry Decker Award

Sanford Ambulance is proud to announce that Paramedic Greg Glood has been named the recipient of the 2026 Jerry Decker Award.

The Jerry Decker Award honors the legacy of Jerry Decker, a dedicated volunteer with Hunter Ambulance Service who was known for his unwavering commitment to serving others through his work as a law enforcement officer, volunteer firefighter, and volunteer EMT. On February 27, 1992, Jerry and his fellow first responders from Hunter responded to a woman in cardiac arrest. While driving the ambulance to Fargo with the patient onboard, Jerry suffered a fatal heart attack. The ambulance left the interstate and came to rest in the ditch. Although the responders riding in the back of the ambulance were unharmed, they were unable to save either Jerry or the patient.

Each year, the Rural Cass County Ambulance and Rescue Association recognizes an individual or organization that embodies Jerry's selfless spirit, strong work ethic, and dedication to strengthening rural EMS in Cass County.

Greg Glood has been a paramedic with Sanford Ambulance for over 20 years. For the past eight years, Greg has spent his time in the communities of northern Cass County as the "Northern Cass Rover" program, providing advanced life support care through Sanford Ambulance. While providing exceptional emergency medical care is a critical part of his role, Greg's impact extends far beyond the back of the ambulance. He has become an integral part of the rescue squads and ambulance services throughout northern Cass County, building strong relationships with volunteers, first responders, and community members alike. Greg has earned the trust and respect of those he serves by always being willing to lend a hand, share his knowledge, and support rural EMS however he can.

Greg is an outstanding representative of Sanford Ambulance and an invaluable partner to rural EMS. His commitment, compassion, and service embody everything the Jerry Decker Award stands for.

Congratulations, Greg, on this well-deserved recognition! We are grateful for your dedication to the people of northern Cass County and proud to have you as part of the Sanford Ambulance team.



Rick Cameron Recognized as Hometown Hero

At the 2026 Red River Valley Fair, Sanford Ambulance Paramedic Rick Cameron was recognized as a 2026 Hometown Hero Award recipient. Hometown Heroes are veterans and first responders who have been inspirational to their community and work to improve the lives of the people that surround them.

Rick is a true hometown hero whose decades of service have made a lasting impact on both emergency medical services and his country. Rick began his EMS career in 1991 as a paramedic, demonstrating his commitment to the community he serves. In addition to his EMS career, Rick also served in the United States military as a member of the U.S. Army and National Guard, serving for over 20 years. During his military career, he was deployed to Bosnia and Iraq, reflecting his dedication, courage, and willingness to serve and protect far beyond his local community.

In addition to being a paramedic, Rick has served in many other roles throughout Sanford Ambulance, including educator and operations supervisor. In 2012, Rick was promoted to Director of Operations, where he has continued to lead with professionalism, integrity, and a strong commitment to service. That same year, Rick was honored with the American Ambulance Association's Star of Life Award, recognizing his outstanding contributions to EMS and his community. This prestigious award highlights individuals who go above and beyond the call of duty, and Rick exemplifies that standard every day.

Rick Cameron's lifelong dedication to emergency medicine, education, leadership, and military service reflects a career defined by sacrifice, compassion, and excellence. He is more than deserving of recognition as a hometown hero.



Behind the Scenes: What Happens After a Call?

A call may be over when the ambulance returns to the station, but the work isn't! Before crews are ready for the next emergency, they clean and restock equipment, complete documentation, and make sure everything is ready to go. Crews also take time to check medications, supplies, and equipment to ensure everything is accounted for and functioning properly. These behind-the-scenes tasks help make sure we're prepared to respond when the next 911 call comes in.

Being ready for the next call takes more than just a stocked ambulance. Crews use this time to review calls, discuss patient care, and learn from each experience. While much of this work happens behind the scenes, it plays an important role in providing safe, consistent care to every patient we encounter.



2026 Mission: Lifeline Gold Plus Award

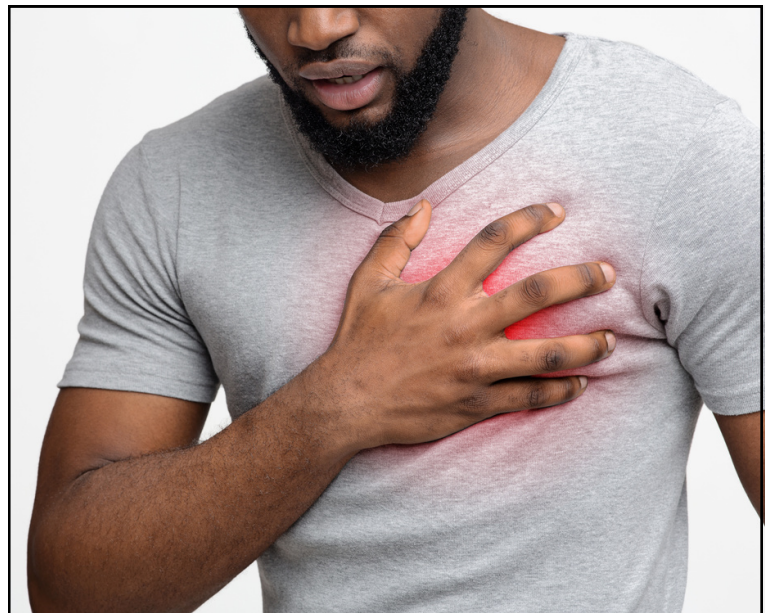
When someone in our community suffers a heart attack or stroke, EMTs and paramedics are often the first to provide care. The type of care that these patients receive immediately after their signs and symptoms start can mean the difference between life and death. The role of EMS in the system-of-care for cardiac and stroke patients is crucial and often sets the course for the patient's outcome.

Mission: Lifeline EMS is a program launched in 2014 by the American Heart Association designed to showcase and recognize Emergency Medical Service organizations across the nation for excellent STEMI (ST Elevation Myocardial Infarction) care. A STEMI is a specific type of heart attack caused by a complete blockage of blood flow to the heart. Every year, more than 250,000 people experience a STEMI. To prevent death, it's critical to restore blood flow as quickly as possible, either by surgically opening the blocked vessel or by giving clot-busting medication. In order to have the best outcome after a STEMI, timely treatment is imperative. The AHA's Mission: Lifeline award helps celebrate the achievements of prehospital providers and their collaboration with each other and destination hospitals specific to STEMI patient care.



This year, Sanford Ambulance was awarded the highest Mission: Lifeline award – Gold, plus the “Target Stroke Honor Roll” and a “Target Heart Attack Honor Roll” designations. The Mission: Lifeline Gold designation means that Sanford Ambulance has taken the initiative to help advance the system of care for patients with high-risk, time-sensitive diseases such as severe heart attacks and strokes. The Target Heart Attack Honor Roll designation means that Sanford Ambulance has focused efforts on coordinating care between the pre-hospital care and the destination hospital. The Target Stroke Honor Roll designation honors hospitals for achieving specific, time-sensitive quality targets for treating acute ischemic stroke patients. These awards recognize Sanford Ambulance for implementing quality improvement measures for the treatment of patients who experience severe heart attacks and strokes. This award puts Sanford Ambulance in an elite group of pre-hospital providers who are recognized by the American Heart Association for their commitment and success in implementing a higher standard of care, by ensuring that every STEMI patient receives treatment according to nationally accepted evidence-based recommendations and standards. Sanford Ambulance has received the highest award every year since the inception of Mission: Lifeline and is one of only 25 across the nation to have done so.

“Sanford Ambulance is dedicated to providing optimal care for heart attack patients and making our service among the best in the country, and the American Heart Association’s Mission: Lifeline program is helping us accomplish that by implementing processes for improving systems of care with the goal of improving the quality of care for all acute coronary syndrome patients,” said Kathy Lonski, Sanford Ambulance’s Quality Improvement Advisor. “We are pleased to be recognized for our dedication and achievements in emergency medical care for all cardiac patients.” The Mission: Lifeline initiative provides tools, training and other resources to support heart attack care following protocols from the most recent evidence-based treatment guidelines.



Summer Events

Summer is a busy time for our ambulance crews. Not only do we respond to 911 calls, but we also provide coverage and support at many many special events throughout the summer months!

From community celebrations and sporting events to outreach activities and local gatherings, our crews have been out and about all summer long. These events give us a chance to support our communities, connect with the people we serve, and, of course, have a little fun along the way!

Here's a look at some of the places our crews have been this summer!



Serving Meals on Wheels



"Won't You Be My Neighbor" Day



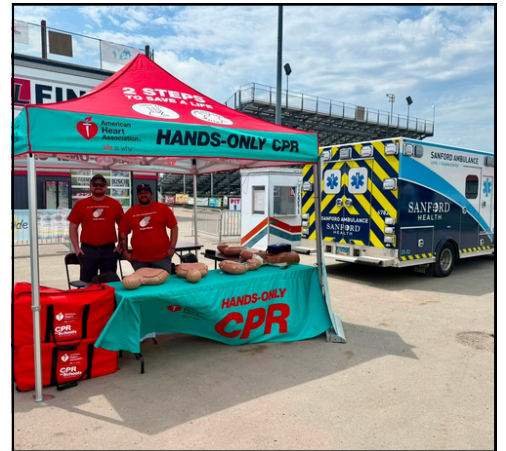
West Acres Summer Story Time



Roger Maris All-Star Week Telethon



2026 Fargo Marathon



Hands-Only CPR at the Fair

We're Hiring!

Are you an EMT or paramedic who is interested in working in a fun, fast-paced atmosphere? Sanford Ambulance is hiring!

Check out sanfordhealth.jobs to see what positions we have available! We'd love to have you join our team!



SANFORD
HEALTH

Sanford Ambulance CARES: Cardiac Arrest Registry to Enhance Survival

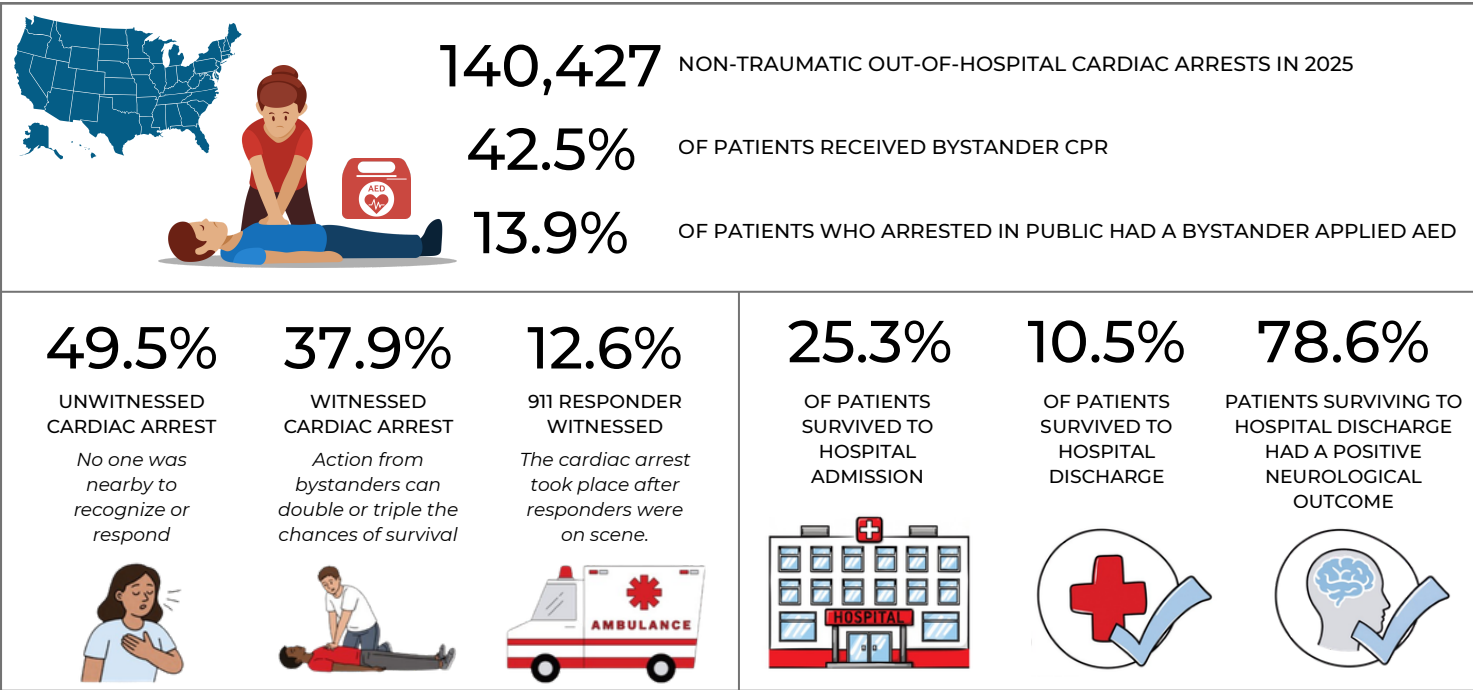


More than 350,000 people suffer sudden cardiac arrest each year, with 80% of those cases occurring outside of a hospital. As a result, survival rates are very low - less than 10% of sudden cardiac arrest victims survive. The key to survival of sudden cardiac arrest is immediate bystander CPR and quick defibrillation with an automated external defibrillator (AED). How often does someone in our community receive immediate bystander CPR - and how does Sanford Ambulance track that information?

Since 2014, Sanford Ambulance has participated in the Cardiac Arrest Registry to Enhance Survival, or CARES. CARES helps communities measure and identify how to improve cardiac arrest survival rates. The CARES registry was developed by the Center for Disease Control and Prevention (CDC), the American Heart Association (AHA), and the Department of Emergency Medicine at Emory University. The registry collects data from participating EMS systems and hospitals to track cardiac arrest cases and identify opportunities for improvement in the treatment of cardiac arrest. The registry links information collected about cardiac arrest to outcome data from hospitals. This information includes 911 dispatch details, first responder response times and interventions, and EMS agency interventions. This helps communities determine what specific changes can be made to save more lives.

So how does CARES actually work in the Fargo, Moorhead and West Fargo community? Every morning, Sanford Ambulance gets a report of all cardiac arrests that took place the previous day. A team member reviews each cardiac arrest and gathers additional information from the Red River Regional Dispatch Center and the police and fire departments that responded to the call. Data collected includes demographic information about the call (where and when it took place), who performed CPR, what each responder did, which medications the patient received, and what the final disposition of the patient was when they were delivered to the emergency department. The data is entered into the national CARES registry each day. At the end of the year, the CARES registry analyzes all of the data and sends Sanford Ambulance a report that details how our community responds to cardiac arrests in addition to ideas on how to improve the survival rate in our community.

CARES National Statistics



HEALTH HIGHLIGHT

Should I call 9-1-1?

"I am having a medical emergency... but I will just drive myself to the emergency department..."

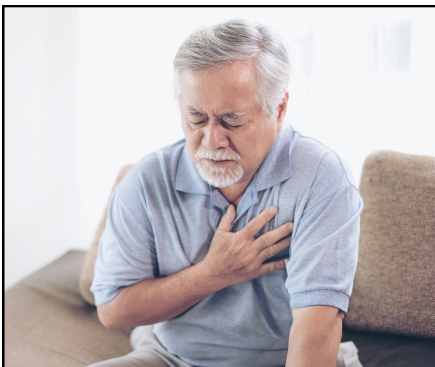
Dialing 9-1-1 is a call no one ever wants to make. There are many reasons that people may not want to call 9-1-1 - they may not want to bother first responders, they think that they are close enough to drive themselves in, they are scared of the situation or the cost of an ambulance ride, or they may not think that they need immediate medical attention. However, when it comes to certain medical conditions, every second counts.

Calling 9-1-1 instead of driving yourself or a loved one to a nearby emergency department can mean the difference between life and death in many medical emergencies, including heart attacks and strokes. Quick treatment can help limit damage to the heart or brain and increases the chance of a full recovery.



When the call to 9-1-1 is made, an emergency medical dispatcher will provide pre-arrival instructions to the caller until the first responders arrive. The dispatcher will also gather additional information about the situation to pass along to first responders.

Once first responders arrive, they assess the patient, determine what type of medical emergency they are experiencing, and begin treatment. If the patient is experiencing a possible heart attack or stroke, the EMS team can contact the hospital so they can begin preparing for the patient's arrival. The hospital can notify specialists, arrange necessary equipment, and prepare the appropriate treatment area so everything is ready when the patient arrives. This process moves quickly and efficiently, helping reduce delays in care. When a patient drives themselves to the hospital, the hospital may have little or no information about the patient's condition ahead of time, which can delay the start of treatment. When in doubt, call 9-1-1 - EMS can begin care on the way to the hospital and help make sure the right resources are ready when you arrive.



EMS Education

Looking to get into the emergency medical field? Take a look at some of the courses that the Sanford Health EMS Education department offers!

Emergency Medical Responder (EMR)

The EMR course is designed to teach people how to provide immediate lifesaving care to critically ill patients who access the emergency medical services system. EMRs have the knowledge and skills necessary to provide immediate lifesaving interventions while awaiting additional EMS resources to arrive. EMRs can also provide assistance to higher-level personnel at the scene of emergencies and during transport. Under medical oversight, EMRs perform basic interventions with minimal equipment. The next EMR course will start in January 2027 and conclude in March.



Emergency Medical Technician (EMT)

EMTs provide out-of-hospital emergency medical care and transportation for critical and emergent patients. EMTs have the basic knowledge and skills necessary to stabilize and safely transport patients ranging from non-emergency and routine medical transports to life-threatening emergencies. Emergency Medical Technicians function as part of a comprehensive EMS response system, under medical oversight. Emergency Medical Technicians perform interventions with the basic equipment typically found on an ambulance. Emergency Medical Technicians are a critical link between the scene of an emergency and the healthcare system. The next EMT course will begin in January 2027 and conclude in May.



Nationally Registered Paramedic (NRP)

In cooperation with the North Dakota State School of Science (NDSCS), SHEMSE offers a certificate program and an Associate in Applied Science degree in Paramedic Technology. The course begins in the fall of each year and is three semesters long (including a summer semester). Clinical and field internship experiences are completed concurrently with the classroom schedule at numerous hospitals and ambulance services across North Dakota, South Dakota, and Minnesota.



A Nationally Registered Paramedic is an allied health professional whose primary focus is providing advanced emergency medical care for critical patients. A NRP possesses the complex knowledge and skills necessary to provide advanced patient care and transportation.

The Sanford Health EMS Education department also teaches basic courses such as first aid and CPR, as well as advanced courses such as Advanced Medical Life Support, Pre-hospital Advanced Trauma Life Support, Advanced Cardiac Life Support, Pediatric Advanced Life Support, and many more. For more information on any of our courses, go to www.shemse.org or call us at 701-364-1750.

Sanford Ambulance

2215 18th Street South

Fargo, ND 58103