



# SANFORD AMBULANCE VITAL SIGNS

Summer 2025

Compassion, Excellence and Community

## EMS Week Community Celebration

Sanford Ambulance celebrated 2025 EMS Week with our community by hosting a Community Celebration that highlighted the first responders that are dedicated to responding to emergencies in our community! Thank you to everyone who helped us celebrate at our event!





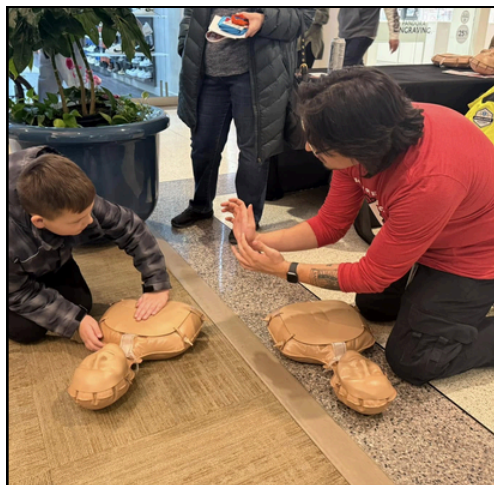
# HEALTH HIGHLIGHT

## Save a Life Saturday

Did you know that every 90 seconds, someone dies of cardiac arrest? Nationally, approximately 40% of pre-hospital cardiac arrest victims receive bystander CPR, while in our community that number is about 34%. The longer a cardiac arrest victim goes without CPR, the lower their chance of survival. Most people who experience cardiac arrest at home, work, or in a public location die because they don't receive immediate bystander CPR. By knowing CPR, you could save the life of someone in cardiac arrest.

On Saturday, February 15, Sanford Ambulance teamed up with the NDSCS EMS Club and other organizations from around our community to host Save a Life Saturday at West Acres. Participants were able to learn hands-only CPR, how to stop a bleed, and how to use an automated external defibrillator (AED). Over 400 community members participated in the event and are now prepared to help save a life.

To learn more about hands-only CPR, please visit [handsonlycpr.org](http://handsonlycpr.org). For more information on CPR courses please visit [www.shemse.org](http://www.shemse.org).





# 2025 EMS Week

In 1974, President Gerald Ford authorized EMS Week to celebrate EMS clinicians and the important work they do in our nation's communities. The theme for EMS Week 2025 is "We Care. For Everyone".

Whether it's saving a young victim of a motor vehicle crash, helping an elderly patient who's forgotten to take her medication, stabilizing a construction worker experiencing chest pain on the jobsite, or treating an overdose on a city street, EMS professionals are trained and ready to deliver a range of medical interventions and support because WE CARE. FOR EVERYONE.

Our roles and responsibilities are growing and changing and we're rising to the challenge. From community paramedicine to preventive healthcare, we're tasked with providing next-level patient navigation and care in new surroundings, using new technologies. We're there for our community, whenever and wherever they need us. Because WE CARE. FOR EVERYONE.

In the past year, Sanford Ambulance crews have risen to many challenges that they have been faced with. The ability to stay calm while surrounded by chaos is an incredible feat. Each of our paramedics and EMTs has a deep dedication to our community and a commitment to service. We are proud of our staff for the care that they provide our community each and every day.



**“Our team continues to meet the challenges of the the ever-increasing demand placed on Emergency Medical Services. The tireless effort of our EMTs and Paramedics is a testament to the dedication they provide to the citizens of Cass and Clay Counties each and every day.”**

- Tim Meyer, Senior Director

In Fargo, Sanford Ambulance celebrated EMS week by treating crews and employees to lunch catered by the Trap Hogs BBQ food truck (owned and operated by Sanford Ambulance paramedic James Simmons). A Community Celebration was held on Thursday, May 22. Throughout EMS week, Sanford Ambulance employees were showered with gratitude from our community; from food, to cards, to words of appreciation, our crews felt the community's love in May!



# 2025 Sanford Ambulance Awards

The 2025 Sanford Ambulance Awards Ceremony was held during National EMS Week to honor the incredible EMTs and Paramedics that serve the Fargo, Moorhead, West Fargo and surrounding communities. We are lucky to have such dedicated EMTs, paramedics, and dispatchers who work hard each day and are truly committed to serving the communities where they live and work. Congratulations to all of the award winners!!

» The **Rising Star Award** is presented to a new team member who has set themselves apart by showing a positive attitude, willingness to learn, and an interest in continued improvement.

*The 2025 Rising Star Award recipients are Rhys Schwitters and Sarah Barnes.*

» The **Achievement Medal** is presented to a team member who has distinguished themselves apart from others by providing outstanding service, patient care, or achievement.

*Samuel Bong, Sarah Eckroth, Laura Holston, Lucy Lindaas, Nathan Moen, Michael Driscoll Olson, Josh Pogatchnik, Katie Vacura, Mahrya Weems, and Colby Wooten were awarded the 2025 Achievement Medal for obtaining their NRP certifications, and Nate Dutt and Chelsea Schmitz were awarded the Achievement Medal for obtaining their Communications Training Officer certification.*

» The **Distinguished Service Medal** is awarded to team members who have shown a commitment to a committee by attending meetings and training sessions throughout the year. Recipients of the Distinguished Service Medal are engaged and take an active role in their committee or team.

*The 2025 Distinguished Service Medal recipients are Chenoa Bumpus, Scott Helmer, and the Sanford Ambulance Uniform Committee, consisting of BJ Carlson, Tom Dobrzynski, Nate Dutt, Tayler Jacobson, Don Martin, Chelsea Schmitz and Drew Schwan.*

» The **Leadership Medal** is awarded to a team member who has shown a commitment to leading a project that brings significant advancements to a team in training, equipment or protocols. The Leadership Medal recipient possesses outstanding leadership qualities and abilities to successfully lead projects, events, or assignments.

*The 2025 Leadership Medal recipients are Chris Schwartz, Mike Monson, BJ Carlson, Tayler Jacobson, and Chelsea Schmitz.*

» Recipients of the **Meritorious Service Medal** have gone above and beyond their job duties without expectation of reward. This medal is presented when a team member has given their time, effort, or made a commitment to the team through special projects, committees, or helping others outside of their normal position. Meritorious Service Medal recipients show a strong commitment and dedication to the company.

*The 2025 Meritorious Service Medal recipients are Tom Dobrzynski, Kristi Engelstad, Don Martin, Berto Moncera, Andrew Sailer, and Drew Schwan.*





# 2025 Sanford Ambulance Awards

» The **Employee of the Year Medal** is awarded to an employee who demonstrates the importance of being a great team member each and every day. The medal is given to an employee who maintains a positive attitude, consistently performs well in their position, and motivates themselves and others to strive for improvement. The recipient takes pride in their work and has shown a deep dedication to the role that they hold at Sanford Ambulance.

*The 2025 Employee of the Year Medal recipient is Chelsea Schmitz.*

» The **Star of the Year Medal** is awarded to an EMS care provider who consistently provides excellent patient care and customer service. The Star of the Year is a dedicated clinician who advocates for their patients and shows compassion in the field, while also performing other job duties in an exemplary manner. This award signifies that the recipient has distinguished themselves as a great team member, partner, and care provider, and serves to recognize this person for their hard work and dedication to their patient, co-workers and the field of EMS.

*The 2025 Star of the Year Medal recipient is Kyle Anderson.*

» The **Commendation Medal** is awarded to a team member who distinguishes themselves through a single extraordinary act of heroism, achievement, or service.

*The 2025 Commendation Medal recipients are Tayler Jacobson, Ashley Sandberg, Chelsea Schmitz, Jay Huseby, and Jessica Reil.*

» The **2025 Minnesota Star of Life Award** recognizes exceptional Emergency Medical Services (EMS) professionals who have demonstrated unwavering commitment, leadership, and excellence in serving their communities. The Minnesota Stars of Life Award is the state's highest recognition for EMS professionals, honoring individuals who go above and beyond in delivering life-saving care, mentoring the next generation, and strengthening the EMS system.

*The 2025 MN Star of Life Award recipient is Todd Neumann.*

» The **2025 American Ambulance Association Star of Life Award** celebrates the contributions of ambulance professionals who have gone above and beyond the call of duty in service to their communities and the EMS profession. The Stars of Life program honors these award recipients, while shining the light on the critical role that EMS plays in communities across the United States.

*The 2025 MN Star of Life Award recipients are Nate Dutt and Jon Peterson.*





# Buckle Up with Bucky

Buckle Up with Bucky is a child passenger safety presentation that is geared to kids in grades K - 2. The 30-minute presentation creates a fun and easy way for EMS professionals to teach children about seat belt safety. Students receive a short presentation that covers the rules of riding in a car, watch an interactive video, and end with a quick tour of an ambulance. This spring, Sanford Ambulance presented Buckle Up with Bucky to over 130 classrooms in our community, reaching over 3,100 kids with Bucky's seat belt safety message!



## 2025 EMS Citizens Academy

The Sanford Ambulance Citizens EMS Academy is a free, hands-on opportunity for community members to see and learn what Sanford Ambulance paramedics and EMTs do every day. The academy will teach participants what to do before an ambulance arrives in addition to other skills to use in actual emergencies.

The fall academy will meet for seven weeks from 6:00 - 8:00 PM from September 4 through October 16. Applications are due on August 30. Participants must be age 18 or over to apply. For more information or to apply, please contact Kristi at [Kristi.Engelstad@SanfordHealth.org](mailto:Kristi.Engelstad@SanfordHealth.org) or 701-364-1759.



## Community Connections

Sanford Ambulance enjoys taking part in community events!

- In December, our education team spent the day at the Fargodome with over 4,000 high school students for the Health, Tech & Trades Career Expo!
- In December, our administration team spent time at West Acres ringing the bell for the Fargo Salvation Army!
- Sanford Ambulance Explorers staffed a booth at the Fargo Force Hometown Hero game in January!
- Sanford Ambulance team members helped answer phones at the Cares for Kids radiothon in January!
- Sanford Ambulance took part in the Crazy Coupe competition to help raise money for the Matthew's Voice Project in April!





## EMS Education

Did you know that our Sanford Ambulance EMS Education team consists of ten full-time educators, in addition to several part-time EMS educators. This is one of the largest EMS education departments in the country.



### **Kyle Anderson - Paramedic Program Lead Instructor**

Kyle obtained his EMT certification in 2015 and his paramedic certification in 2016. In addition to working as a paramedic, he was a Teacher's Assistant at NDSU for 2 years. Kyle started teaching with SHEMA in 2024.



### **Trista Berg - Rural Service Liaison, EMR Coordinator and Community Outreach**

Trista's EMS career started when she worked as a CNA and a unit clerk in the ER in 2011. She obtained her EMT certification in 2014 and paramedic in 2015. She has been teaching full-time with SHEMA since 2016.



### **Tyler DeKrey - Paramedic Program Coordinator**

Tyler has been working in EMS since 2007. He received his paramedic certification in 2008 and worked as a flight medic for 5 years. Tyler has been teaching EMS courses since 2010.



### **Jaymes Feil - EMT Program Coordinator**

After obtaining his EMT certification in 2011 and his paramedic certification in 2012, Jaymes has worked on an ambulance for 14 years. He began teaching in 2016 and joined the SHEMA team full-time in 2019.



### **Nicole Henning - Sanford Ambulance Training Officer**

Nicole obtained her EMT certification in 2010 and her paramedic certification in 2011. After working on the ambulance for 5 years, she joined SHEMA and has been teaching since 2016.



### **Kyle Janssen - Simulation Coordinator/SIM-ND**

Kyle has been working in EMS for nearly 35 years. He received his EMT certification in 1986 and his paramedic certification in 1992. He has been an educator with SIM-ND and SHEMA since 2014.



### **Seth Murray - Explorer and High School Outreach Coordinator**

Seth received his first EMS training in high school when he took the EMR course in 2012. He obtained his EMT certification in 2016 and his paramedic certification in 2020. He has been teaching for 9 years.



### **Ron Lawler - Director, EMS Education**

Ron found his passion for EMS when he received his EMT training in 1999. He obtained his paramedic certification in 2000. He started teaching EMS full-time in 2004, but has been teaching CPR for over 31 years.



### **Andrew Sailer - AHA/NAEMT Coordinator**

Andrew has been working in EMS since 2002. He obtained his paramedic certification in 2011. After working on the ambulance full-time for several years, Andrew joined the SHEMA team in 2022.



### **Kayla Shaw - Paramedic Program Clinical Coordinator**

Kayla received her EMT certification in 2003 and her paramedic certification in 2006. She has been a flight medic since 2015, and joined the SHEMA team full-time in 2017.



## **Sanford Ambulance**

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