



SANFORD AMBULANCE VITAL SIGNS

Summer 2026

Compassion, Excellence and Community

Buckle Up with Bucky

This spring, Sanford Ambulance shared an important safety message with more than 2,200 children in the Fargo, Moorhead and West Fargo communities through the Buckle Up with Bucky program. Designed for kindergarten and first-grade students, the 30-minute child passenger safety presentation provides a fun and engaging way for EMS professionals to teach young children about seat belt safety and safe behaviors while riding in a vehicle.

During the presentation, students learn the basic rules of riding safely in a car, participate in an interactive video experience, and enjoy a hands-on tour of an ambulance. This year, Sanford Ambulance teams visited more than 100 classrooms throughout the community, helping children build lifelong safety habits while making learning both memorable and fun.



2026 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 2026 was "Improving Outcomes, Together".

Every EMS clinician carries one call with them forever - not for its heroism, but for its humanity. A child whose breathing finally stabilized, a grandmother whose hand was held until her family reached her side, or a stranger who, despite fear and pain in their eyes, chose to trust them. These moments seldom make headlines, yet they influence outcomes and change lives. Success in EMS goes far beyond vital signs; it is measured in patients returning home, families staying whole, and communities feeling safer because someone was there when it mattered most.

Today's EMS clinicians bring advanced skills and innovative tools to these moments - skills such as early stroke recognition, advanced medication delivery, and whole blood transfusion. These advancements are creating a measurable difference well before the patient reaches the hospital.

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. During EMS week, Sanford Ambulance recognized the people behind the patch and reaffirmed our commitment, as partners and communities, to Improving Outcomes, Together.

In Fargo, Sanford Ambulance celebrated EMS week by treating crews and employees to lunch and chair massages. 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!



“Our team continues to meet the challenges of 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

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!



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 14, 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. For more information on CPR courses please visit www.shemse.org.



2026 Sanford Ambulance Awards

The 2026 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 2026 Rising Star Award recipients are Tyana Judd, Kensie Larson, Anna Lambertz, and Anthony Nelson.

» The **Stork Award** is awarded to a team member who has participated in delivery a baby. It signifies that this person was on a crew that helped bring a new life into the world, outside of the hospital setting, which not every care provider has the opportunity to experience.

2026 Stork Awards were presented to Samantha Burcham, Tim Cook, Greg Glood, Anna Lambertz, Philip Malevich, and Paul Mueller.

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

In 2026, Achievement Medals were presented to Matthew Beckman, Ashton Hollingsworth, Taylor Jacobson, Abigail Johnson, Russell Mannex, Katie Maretineau, Greg Martinez, Charlie McCann, Sebastian Salazar, Andrew Teigen, Tessa Tramm, Kaleb Tronnes, and Blake Walker.

» The **Honor Guard Award** is awarded to members of the Honor Guard who have shown an overall commitment to the unit by means of participating in events requiring Honor Guard duty.

The 2026 Honor Guard Medal was presented to Seth Murray and Justin Rosenfeldt.

» 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 2026 Leadership Medal recipients are Cameron Whittaker, Scott Helmer, and Seth Murray.



2026 Sanford Ambulance Awards

» 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 2026 Meritorious Service Medal recipients are Jeff Eastman, Tim Cook, Sam Heyen, Kasey Larson, Kensie Larson, Paul Mueller, Cole Nowacki, David Peacock, Rhys Schwitters, Mahrya Weems, and Login Wysocki.

» The **Preceptor of the Year** is awarded to a preceptor that has shown commitment to providing a positive learning experience to instill EMS students with the cognitive (knowledge), psychomotor (skills), and affective (behavioral) learning domains required for entry-level competency at the level that the EMS student is enrolled in (EMR, EMT, Paramedic).

The 2026 Preceptor of the Year is Kasey Larson.

» 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 2026 Employee of the Year Medal recipient is Taylor Marsden.

» 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 2026 Star of the Year Medal recipients are Guyth Alkhazraji, Kendra Knecht, Kasey Larson, Laura Rieger, and Ryan Schultz.

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

The 2026 Commendation Medal recipient is Ashley Turner.



2026 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 3 through October 15 . Applications are due on August 31. Participants must be age 18 or over to apply. For more information or to apply, please contact Kristi at Kristi.Engelstad@SanfordHealth.org or 701-364-1759.



Community Connections

Sanford Ambulance enjoys taking part in community events!

- **December:** Our education team spent the day at the Fargodome with over 4,000 high school students for the Health, Tech & Trades Career Expo!
- **December:** Our administration team and community paramedics spent time at West Acres ringing the bell for the Fargo Salvation Army!
- **December:** Sanford Ambulance crew members has a blast at the Holiday Lights Parade!
- **December:** Sanford Ambulance Community Paramedics helped “unstuff” the holiday bus. The "Stuff the Bus" Christmas event collects new toys and gifts for women and children in need to help spread holiday cheer to vulnerable families in the area.
- **January:** Sanford Ambulance team members answered phones and helped raise over \$228,673 at the Cares for Kids radiothon!
- **February:** Sanford Ambulance volunteered at Giving Hearts Day, which raised over \$30 million for local non-profits and charities!
- **May:** The Sanford Ambulance administration team was part of more than 500 volunteers across 70 businesses and 30 nonprofits who worked on 47 projects across Cass and Clay counties for the United Way Day of Action. The admin team helped with some yardwork at the YWCA.



Citizen Lifesaver Award

Cardiac arrests are not an everyday occurrence in our community, but when they do happen, survival often depends on one critical factor: immediate CPR. Currently, only about 37% of sudden cardiac arrest victims in our community receive bystander CPR. Thanks to the quick actions of his 14-year-old son, Justin Sandbeck became one of those survivors.

In September, Justin was at home watching the Vikings game with his son, Jaydan, when he began experiencing chest pain. Justin went upstairs to lie down, but a short time later, Jaydan heard a loud crash. He ran upstairs and found his father collapsed on the floor. After his mom called 911, Jaydan began chest compressions, guided by the dispatcher. Those first moments were critical. CPR helped keep blood flowing to Justin's brain and vital organs until emergency responders could arrive.



When firefighters reached the scene, they continued CPR and applied an AED, delivering multiple shocks. Paramedics then arrived and attached a LUCAS mechanical CPR device while monitoring Justin's heart rhythm. Justin was in ventricular fibrillation, or v-fib, a life-threatening rhythm in which the heart quivers instead of pumping blood effectively. Despite multiple shocks and medications, Justin's heart remained in v-fib.

After several attempts, paramedics changed the placement of the defibrillator pads in a technique called a vector change. Following the ninth shock, Justin's heart finally converted to a more organized rhythm. Although he still did not have a pulse, this was a major step toward recovery.

Shortly after arriving at the hospital, Justin's heart again went into v-fib. Emergency department staff continued aggressive treatment with additional shocks and medications before successfully restoring a heartbeat. Justin was then rushed to the cardiac catheterization lab, where physicians discovered a 100% blockage in his left anterior descending artery, commonly known as the "widow maker." Doctors placed a stent to restore blood flow to his heart.

Justin's survival is the result of a coordinated effort involving dispatchers, firefighters, paramedics, EMTs, nurses, and physicians. But the first and most important link in the chain of survival was Jaydan. When Jaydan learned CPR in his seventh-grade health class, he never imagined he would one day use those skills to save his father's life. His quick thinking and willingness to act made all the difference.

Nationally, only about 10% of people who experience sudden cardiac arrest survive. Immediate bystander CPR can dramatically increase those chances. Jaydan's actions are a powerful reminder that anyone, regardless of age, can save a life. In recognition of his extraordinary actions, Jaydan was presented with the Sanford Ambulance Citizens Lifesaving Award.

Sanford Ambulance

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