

SPRING 2015

CALSTAR ROTORWASH



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Against the Odds Water Rescue Saves Petaluma Man's Life

**Former Harbor Patrol Agent
Celebrates 10-Year Anniversary
of Life-saving Transport**

By Laura Kaufman

Growing up on Long Island, New York, Adam Dunn was always on the water, driving boats at age 8 and learning to rebuild them. When he was 18, he joined the Coast Guard, and later flew to Kodiak, AK to work as a boat mechanic. He also became a sea rescue diver, and worked on helicopter rescue missions.

Ironically, a CALSTAR rescue helicopter saved his life two decades later, when he served as a Federal Harbor Patrol Agent in Benicia, CA. A catastrophic dockside accident late one night changed his life forever.

On the night of February 8, 2005, Adam was heading to a pier in Benicia to pick up a patrol boat. The dock was dark that night, he recalls. Severe crosscurrents made it difficult for the boat operator to bring the craft in. In the dark, Adam tripped on a cleat, and pitched headfirst into the water. The worst-case scenario followed – the boat heading in crushed him against the dock not once, but several times. “The only reason he survived was his training,” recalls Adam’s wife, Wendy. “His Coast Guard rescue diver training helped him stay calm, slow his breathing, count, and ingest sea water for the gag reflex, forcing him to breathe. He saw a light coming toward him, and then had the thought ‘my wife would be so mad at me if I died,’ and he forced himself to come back.”

While he was floating, Adam suffered another unfortunate boat strike before he was pulled from the water by a Coast Guard crew. He was rescued with a dislocated arm, snapped clavicle, cracked hips, broken ribs, and other injuries, including neurological damage from being underwater so long. CALSTAR was en route to the scene. It was now after 2 a.m. As Adam lay on the pier, the EMT responding said he had very little time – just a few minutes – left to survive the ordeal.

Luckily, a few minutes is all it took for CALSTAR to transport Adam to the trauma center at John Muir Medical Center in Walnut Creek. “It literally was CALSTAR getting him there so fast that prevented Adam from dying,” says Wendy.

At the hospital, Adam’s dislocated shoulder was in front of his face. His injuries, including a traumatic brain injury and fluid in his lungs, required a two-and-a-half week stay, according to Wendy. He went home in a wheelchair, and started physical therapy. He has had multiple surgeries since, especially to his shoulder, and has become left-handed to work around his injuries. He has neurological damage and fights severe PTSD constantly.

A New Ally in Recovery

In the aftermath of the accident, a new connection became essential to Adam’s recovery: a special service dog, Reann. A physician had suggested getting a companion dog for Adam, and Wendy had friends who volunteered at Guide Dogs for the Blind. The couple took a tour and decided to volunteer as custodians for Reann, a breeder dog for the organization, who is also a service animal for Adam when she is not raising puppies. The human/canine relationship has been a huge support to Adam’s physical and emotional work. As Wendy relates, “Adam said that if it wasn’t for Reann, he wouldn’t be alive. She saved him from total despair” during recovery.

Wendy says the dog senses PTSD, and reacts immediately. One instance occurred

on the beach in Bodega Bay, where the sound of a helicopter passing overhead put Adam into a state of panic. Reann immediately ran to his side to support and comfort him; he was briefly unable to walk.

Adam is now very proud to be part of Guide Dogs for the Blind, and the Dunns adopted one of Reann’s puppies, Bruno.

Bruno has grown into a large, sturdy dog who helps Adam with balance issues and other support as he continues living a life adapted to his injuries.

Looking Back After Ten Years

Adam, a former Coast Guard rescue swimmer himself, can recall being very impressed with the responders who helped him that night a decade ago. “I was out if it, but conscious, and was listening to what was going on. The procedure was at the forefront of my thoughts. I have been on water rescues, and was very impressed by the crew.”

Now 50, Adam says, “What’s hardest to handle about the whole incident is that I’m not who I was. I’ve had to modify pretty much everything I do.” He still has chronic pain, and though he is able to drive, he cannot ride a motorcycle nor participate in other sports.

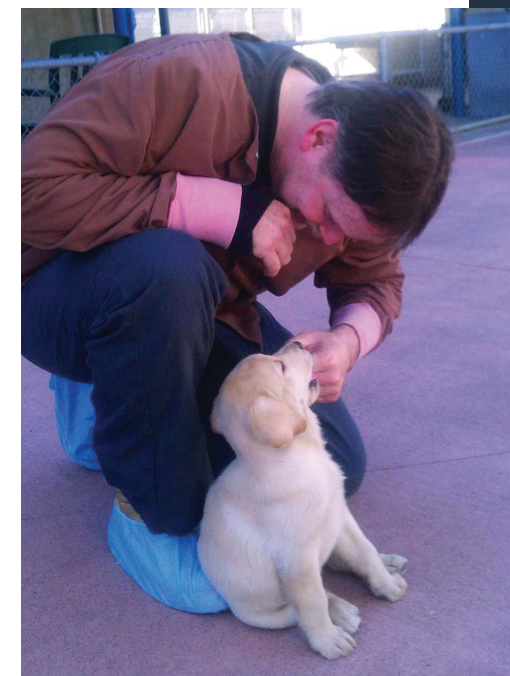
The severity of the accident also affected his whole extended family, including the couple’s two children. What Adam is most proud of, he says, is his family and everything they’ve done for him. “Early on, they had to help me brush my teeth and get dressed. It was like raising a toddler again.”

Wendy is most proud of Adam’s remarkable perseverance against such odds. “He didn’t give up—he decided he was going to live. For someone to have that quality is pretty amazing. He’s a person who has a purpose in life.”

A Desire to Say Thank You

Adam wanted to touch base with the people who rescued him those years ago, hoping some might even see this newsletter.

**“IT LITERALLY WAS
CALSTAR GETTING HIM
THERE SO FAST THAT
PREVENTED ADAM
FROM DYING.”**



Left: A friend in recovery.

Top: Canine care (Reann)

Bottom: A new generation, a new companion.

Fast Fridays

MOTORCYCLE SPEEDWAY

FOUNDER REFLECTS ON 20 YEARS OF SPEEDWAY THRILLS

Throughout the year, CALSTAR partners with a diverse set of recreational events to educate participants and attendees on the benefits of CALSTAR's membership program. One such activity is Fast Fridays, an annual speedway event series that draws more than 2,000 spectators each week from across Northern California.

On May 8, Fast Fridays Motorcycle Speedway kicked off its 20th season of motorcycle racing at the Gold Country Fairgrounds in Auburn, CA. Fast Fridays founder and owner, David Joiner, sat down with us the day before opening night to share his thoughts on a sport that is still thriving locally after having been declared all but dead two decades ago.

Rotor Wash (RW): Can you describe how Fast Fridays got started?

David Joiner (DJ):

Twenty years ago, we bought the rights to host speedway motorcycle racing here at the fairgrounds, but we are definitely not the creators of speedway racing – it's been around since the early 1900s and it's really the original form of motorcycle racing. It was more popular in the '60s, '70s and early '80s, and when we took over here, it was in a little bit of a resurgence; but it still didn't have the numbers that it used to. At that time in Northern California, we maybe had about 50 or 60 riders, and it was one of our goals to really promote youth speedway riding. And now, most of our top riders are kids who

started out with us. At one time, we actually had them go out every month and pick up litter on Highway 49 and I-80, and afterwards, I would provide them with practice time out here on the track.

RW: Are all of the Fast Fridays riders professionals, or do you host amateur races as well?

DJ: We do have adults out here who race for money, but our youth divisions only race for trophies. We have them all the way down to four years old on peewee bikes, and we have teenagers that have raced out here for many years and are getting ready to move up with the adults. We have three divisions on normal evenings – the pro riders, an intermediate division, and a beginner division where some of them have never been on a speedway bike. It's almost more entertainment at that level, whereas for the professionals, it's true racing action. But just to be able to race on a good track in front of a crowd, it's exciting for them. We're up to about 90 riders per week in the pits, with a 2,300 average weekly attendance.

RW: The bikes, we assume, are all highly customized?

DJ: They are built especially for track racing, with 500cc engines that are powered by methanol and put out 95 horsepower. The bikes weigh about 185 pounds, so it's almost a weight-to-horsepower ratio of two-to-one, similar to an Indy Car. They're really a handful if you don't know how to ride them, but the good riders out here make it look easy.

Photos provided by Michael Kirby

Left: Five time USA National Speedway champion, Billy Janniro.

RW: And the whole "no brakes" thing – the bikes literally have no brakes at all?

DJ: No brakes at all. There's only two ways to stop: you can either coast or crash, and you probably don't want to crash. Fortunately, we've never had to have CALSTAR here, but we do occasionally get broken arms, legs, ribs, collarbones... things like that. But we work really hard on the track and we invest thousands and thousands of dollars into materials and equipment to run one of the safest tracks in America.

RW: We know that providing a family-oriented atmosphere at Fast Fridays has been a big emphasis for you as well, and we've appreciated the opportunity to share information about CALSTAR's services and membership program at your events over the past few seasons.

DJ: Well, we have a lot of daredevils out here, and those are the people who need to become members and supporters of CALSTAR. But we have a lot to offer the fans, much more than just racing. When I first got into this business, people told me that speedway was dying. So really, our motivation has been to become a community event, not just a speedway event. But it's passion-driven for all of us here. To be honest with you, I couldn't do what I do without loving the sport.

For the 2015 Fast Fridays event schedule and ticket information, visit www.fastfridays.com. *



Outreach Education

Visit www.calstar.org/events to see a comprehensive list of Education activities, or contact CALSTAR's Education Services Manager, Margaret Franklin: (916) 921-4066, mfranklin@calstar.org

UPCOMING EVENTS

Vasoactive Medication Management – June 30, 2015

8:00 AM – 12:00 PM

Twin Cities Community Hospital

This class is appropriate for ED and ICU nurses. Provides 4 hours of continuing education credit.

To obtain additional information or to register, please contact Jan Tiffin, RN, Education Manager: jan.tiffin@tenethealth.com (805) 434-4303

Pacemaker Management – June 30, 2015

1:00 PM – 5:00 PM

Twin Cities Community Hospital

This class is appropriate for ED and ICU nurses. Provides 4 hours of continuing education credit.

To obtain additional information or to register, please contact Jan Tiffin, RN, Education Manager: jan.tiffin@tenethealth.com (805) 434-4303

Pediatric Potpourri of Care – July 24, 2015

Time TBD

Natividad Medical Center

This class is appropriate for doctors, nurses, and EMTs. Provides 6 hours of continuing education credit.

To obtain additional information or to register, please contact Margaret Franklin, Education Services Manager: Mfranklin@calstar.org (916) 921-4066

Crush Injury/Compartment Syndrome – July 27, 2015

1:00 PM – 3:00 PM

Healdsburg District Hospital

This seminar is appropriate for nurses, paramedics and first responders. Provides 2 hours of continuing education credit.

To obtain additional information or to register, please contact Kate Ingram: kingram@nschd.org (707) 431-6349

Burn Assessment and Care – August 4, 2015

1:30 PM – 4:00 PM

Marian Regional Medical Center

To obtain additional information or to register, please contact Margaret Franklin, Education Services Manager: Mfranklin@calstar.org (916) 921-4066

Sepsis – September 18, 2015

1:00 PM – 5:00 PM

Salinas Valley Memorial Healthcare System

This seminar is appropriate for nurses, paramedics and first responders. Provides 4 hours of continuing education credit.

To obtain additional information or to register, please contact Carla Spencer: cspencer@svmh.com (831) 757-4333

Thoracic and Abdominal Trauma – November 10, 2015

1:00 PM – 3:00 PM

Twin Cities Community Hospital

This class is appropriate for nurses and EMTs. Provides 2 hours of continuing education credit.

To obtain additional information or to register, please contact Margaret Franklin, Education Services Manager: Mfranklin@calstar.org (916) 921-4066



Luke Becker comes out of turn two on opening night.



Bryan Yarrow celebrates his Division I scratch main event win.



CALSTAR Meets Fundraising Goal for New Power-Lifting Gurney

Thanks to the generosity of numerous individual, foundation and corporate supporters, CALSTAR’s fixed wing program will soon be equipped with a modern, power-lifting gurney that will increase the speed and efficiency of its patient transfers while greatly reducing the risk of injury for our flight crew members.

In April, CALSTAR reached its fundraising goal of \$15,000 to purchase the new Stryker Power-PRO IT gurney, which will be utilized for patients who are flown to or from specialty care centers in the Sacramento area.

The fixed wing program, known as CALSTAR 70, operates two King Air B200 aircraft capable of transporting two critically ill infants in

isolettes that provide precise temperature control and ventilator support. CALSTAR 70 is also well-equipped for hospital-to-hospital transports of patients who are being treated for head and spinal cord injuries, stroke, cancer, burns, and high-risk pregnancies. *



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“That night, I was aware of the people from CALSTAR – thank God they were there. They are the true meaning of ‘lifesavers.’ They got me to John Muir without a minute to spare; they timed it perfectly.”

He also has a message for others who may one day find themselves in a life-threatening situation: “Don’t give up. People don’t realize that their minds basically know how to keep them

alive. You need to trust yourself – count on your gut. Your body wants to live, your mind keeps you alive.”

Adam Dunn is living proof of that advice ten years after his rescue. His training, courage, and perseverance – as well as human and canine support – have made him a remarkable success story. *

Capital City Expansion

When the Anderson Lucchetti Women’s and Children’s Center opens, it will make history as one of the most advanced and comprehensive hospitals in the nation for the care of mothers, babies and children. After more than five years in construction, Sutter Health’s new 242-bed, nine-story facility is set to provide innovative technology in a patient-focused environment when the expanded Sacramento campus opens August 8, 2015.

CALSTAR made its first landing atop the new helipad on March 24th, followed in April by tailored training sessions for nursing, transport, and health care teams in an effort to help prepare the hospital to receive patients by air when operations begin in August.

Most of the tiny patients flown to Sutter’s new state-of-the-art neonatal intensive care unit inside the Anderson Lucchetti Women’s and Children’s Center will be sick newborns or babies born prematurely. The life-saving NICU now serves 26 counties throughout Northern California, southern Oregon, and northern Nevada. *



Photos, from top:
Helipad Landing
NICU and Transport Team members get their first look at helipad operations
Platform atop Sutter Health’s new acute-care facility in Sacramento
View of Capital



Recent Hires & Promotions

CALSTAR is pleased to welcome the following new team members and congratulate those who have assumed new roles since our last publication:

- Adam Adcock | IT Desktop Administrator
- Neoldina Panek | Flight Nurse
- Tia Yarborough | Flight Nurse
- Heiko Kaftan | Pilot
- Stephanie Hughey | Flight Nurse

- Heather Grant | Flight Nurse
- Stephanie Gavin | Transfer Center Coordinator
- Erik Noon | Transfer Center Coordinator
- Allyson Schwab | Transfer Center Coordinator
- Anna Tveretinov | Transfer Center Coordinator



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MEMBER HOSPITALS:



AFFILIATE HOSPITALS:

Howard Memorial Hospital
Mendocino Coast District Hospital
Natividad Medical Center
Saint Louise Regional Hospital
Sutter Medical Center, Sacramento
Ukiah Valley Medical Center



CALSTAR Board of Directors

Kenneth L. Meehan,
Board Chairman & Director
COO, Atlas Lift Tech

Lynn D. Malmstrom, Board President
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Kacey Hansen, RN,
Member Representative
Executive Director of Trauma &
Regional Transfer Center Services
John Muir Health, Walnut Creek

Mike T. Johnson, FACHE,
Member Representative
President & CEO
Regional Medical Center of San Jose

Dionne Cruz Miller,
Member Representative
Chief Operating Officer
Sutter Roseville Medical Center

CALSTAR Management Team

Lynn D. Malmstrom - President & CEO
Mark Vincenzini - Chief Financial Officer
Tad Henderson - Chief Operations Officer

GIVE THE GIFT OF CALSTAR

With the days growing longer, it's a great time to consider giving the gift of membership to friends and family who enjoy recreational outdoor activities. Gift memberships for families, groups and individuals can be purchased online at www.calstar.org/membership or by calling 1-888-207-LIFE (5433).



Everyday Heroes

In 1973, President Gerald Ford authorized EMS Week to celebrate Emergency Medical Services, its practitioners, and the important work they do in responding to medical emergencies. Today, EMS is a key component of the medical care continuum, providing critical care and transport to patients in their greatest time of need.

As part of EMS Week (May 17-23), San Benito County Emergency Medical Services Agency recently recognized the following CALSTAR nurses and pilots, along with local EMS field personnel, for their part in saving lives, providing compassionate care to the community, and for going above and beyond to serve patients and their families every day.

We congratulate the recipients and thank all of our colleagues throughout the state for their uncompromised commitment to safety and unparalleled patient care. You are our everyday heroes.

Sara Stearns • Pilot

Kerry Brown • Flight RN

Michael Woodhouse • Pilot

Julia Benford • Flight RN

Berle Bigelow • Pilot

Jennifer Caposella • Flight RN

Cortney McPhee • Flight RN

Cover Photo: Susan Wood Photography

OUR MISSION:

To save lives, reduce disability and speed recovery for victims of trauma and illness through rapid transport, quality medical care and education.