

June 27, 2018

To whom it may concern:

On January 15, 2018, a woman visiting Martha & Mary Health and Rehab Center, our skilled nursing facility in Poulsbo, WA, went into cardiac arrest in our Garden Unit dining room. A team of outstanding staff members, led by Susan Herington, *MDS Nurse* and Del Schoenthaler, *Director of Rehab* (an employee of Consonus Health), came together to save this woman's life.

On the day of the incident, Susan initially heard a person shouting for a nurse from her office desk, which is a short ways away from the Garden dining room. She immediately ran to where the voice was coming from and found, at the far end of the dining room, a group of staff and visitors standing above a woman lying on her back and twitching.

Assuming the woman was a resident, and knowing staff were watching over her, Susan headed quickly towards the Nurses Station to find the woman's chart. She intended to determine the woman's code status. However, before Susan reached the Nurses Station, someone alerted her that the woman was a visitor and not a resident. Upon overhearing this, Sally Peregrino, *Assistant Director of Nursing Services / Garden Unit & Admissions Nurse*, rushed to the Nurses Station to dial 911 and Susan immediately returned to the dining room.

Back in the dining room, Susan took charge of the situation. She assessed the woman's condition, noting right away that she was blue in the face and not breathing. The woman's skin was also cool and clammy and her eyes were open and non-reactive, with pinpoint pupils. In response to these symptoms, Susan called out to surrounding staff to get the crash cart, and then began to initiate CPR compressions. Del who was on the scene at this point, joined Susan's CPR efforts by delivering rescue breaths.

Susan next requested an Ambu bag from staff in the area and Patricia Beckwith, *Garden Unit Case Manager*, promptly gathered this item. As Del switched to the Ambu bag, Susan, continuing with her compressions while also asking for someone to obtain the AED unit. Liz Siebrecht, *Garden Unit Nurse*, brought this to the scene quickly and Susan attached it to the woman. The AED read "no shock indicated," so Susan and Del valiantly continued their CPR efforts as they waited for paramedics to arrive.

After the first round of CPR, the woman suddenly took a breath, so Susan and Del stopped administering CPR. But, then the woman stopped breathing again, so they continued CPR.

At this point, the AED analyzed a second time, but it again read "no shock indicated."

As Susan began to fatigue, just prior to paramedics arriving on the scene, Kristina Bombardier, former *Garden Unit Case Manager*, took over CPR compressions. As paramedics arrived, the woman began

gasping for breath and was no longer blue around the mouth. The paramedics quickly transported her to Harrison Hospital in Silverdale, WA for further evaluation and medical care.

It was later learned that the woman was immediately seen at the hospital and quickly fitted with a pacemaker. Amazingly, she discharged from the hospital that very same day. When notified about the woman's status, both Susan and Del were awe-struck by this news. Both admitted that they did not confidently believe the woman would survive when they were performing CPR on her.

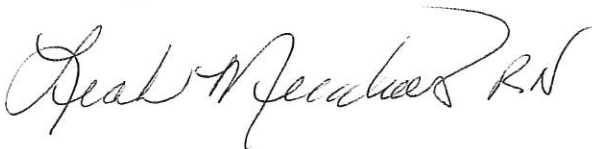
The woman saved by Susan and Del was Gloria Wilson. On the day of the incident, she and her sister Connie Russell were visiting their mother who, before her passing in March, was a resident of Martha & Mary Health and Rehab Center.

Two days after the incident, Connie found Susan at our workplace to personally thank her for saving her sister's life. Susan said there were happy hugs, maybe a couple tears and even a selfie together. Connie told Susan that Gloria was recovering well and that she was actually in the building, attending a care conference for their mother. This allowed both Susan and Del the opportunity to meet Gloria and see for themselves that she was indeed alive and well. Days later a heartfelt card was received at the facility from Gloria's husband, children, grandchildren and sisters, all expressing their gratefulness to the Martha & Mary employees that helped save Gloria.

Martha & Mary is extremely proud of our outstanding staff member who contributed in this incident. We are particularly proud of Susan and Del. These two took a lead role in delivering CPR to Gloria and resulting in her life being save. We highly recommend that both Susan and Del be awarded 2018 Life Saving Awards in recognition of their courageous lifesaving actions.

Should you have questions about this incident, please do not hesitate to contact me directly at 360.394.4022.

Sincerely,

A handwritten signature in cursive script that reads "Leah Meadows RN". The signature is written in black ink and is positioned above the typed name and title.

Leah Meadows, RN
Director of Nursing Services