

PRESS RELEASE

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Rotarian Cardiac Arrest Survivor on Mission to Help Others

On Monday, March 9, 2015, retired shipping executive and longtime Rotary Club of Bainbridge Island member Jack Sutherland suffered a nearly catastrophic Cardiac incident during a Rotary Club luncheon. During the minutes following his cardiac arrest, Fire Chief Hank Teran and local chiropractor Sean Marcella, both Rotarians, provided CPR tirelessly until paramedic's arrived at St. Barnabas Episcopal Church. Sutherland, then 74, had in fact suffered from prolonged fibrillation due to the lack of an electrical signal from the brain to the heart prompting his heart to stop beating. He was "clinically dead" with no pulse or respiration. Medics continued CPR for another 30 minutes while also in tandem shocking his heart with an Automated External Defibrillator more commonly known as an AED. Sutherland was shocked a total of six times; three occasions in the Saint Barnabas Fellowship Hall and once on the Airlift NW medevac helicopter in route for Harbor View Medical Center in Seattle. During his hospital intake the emergency room medical team shocked him twice more, which resulted in his heart ultimately regaining normal sinus rhythm.

Now fully recovered and living a healthy and active life, Sutherland and Fire Chief Teran have partnered and are working together on a unique project inspired by Sutherland's nearly fatal medical emergency. Funded through the disbursement of annual Rotary Auction & Rummage Sale funds, the Rotary Club has allocated \$25,000 to the project. With the funds, AED units will either be purchased or grants provided to local nonprofits and businesses for the placement of up to 40 AED units throughout our island community. All AEDs will be located in high traffic public locations.



Cardiac arrest survivor Jack Sutherland and Fire Chief Hank Teran show new Automated External Defibrillator (AED) at St. Barnabas Episcopal Church

“Our club does a tremendous amount to support our island community. This is the only project, however/ that I’m aware of that will significantly impact the saving of human life. I am extremely honored as an Islander, public safety official and as a Rotarian to work hand in hand with Jack on such an important and noteworthy project,” stated Fire Chief Teran.

Sutherland adds, “I’m an extremely lucky man. The statistics speak for themselves: those who receive both CPR and an AED shock within the first 3-4 minutes of their cardiac episode have a 700% increased survival rate. For people who receive an AED shock and CPR within the first six to eight minutes, survival outlook increases by 300%. For the unfortunate who do not receive this intervention within 10 minutes, their mortality rate is extremely high: over 90%. I was fortunate to have Fire Chief Teran and Dr. Marcella perform immediate CPR on me given that no AED was present. This has motivated me to do as much as I can, to insure that others will have an essential AED available to help preserve lives. This project affords me the ability to pay it forward and hopefully save lives through the Rotary Club that quite literally saved mine. For that I’ll forever be indebted.”

Locations of the AED placements throughout the island can be found on the popular phone application Pulse Point. The current locations provided an AED through this project are listed below, with more to follow:

- ACE Hardware

- Bainbridge Brewery
- Bainbridge Cinema in the Pavilion
- Bainbridge Community Pharmacy
- Bainbridge First Baptist Church
- Bainbridge Historical Museum
- Bainbridge Homes Real Estate
- Bainbridge Island Metro Parks & Recreation District
 - Aquatic Center Life Guard Office
 - Battle Point Park – Transmitter Building
 - Eagledale
 - Fort Ward Bakery
 - Mini Gym
 - Portable unit shared between Rotary Summer Stage and Recreation Van
 - Prue’s House
 - Rotary Field/Owen’s Playground
 - Seabold Hall
 - Springer House
 - Strawberry Hill Center
- Blackbird Bakery
- Chamber of Commerce
- Grow Community H.O.A. Social Center Bldg.
- Harbor Public House
- Island Family Eye Care
- Kitsap Reg. Library Bainbridge
- Rolling Bay Presbyterian Church
- St. Barnabas Church
- St. Cecilia; Church & School
- Westside Pizza
- Winslow Wharf

Through Sutherland’s ongoing efforts, he has found private donations, notably from Robert and Jo Anne Hacker, allowing for the purchase of an additional ten AEDs for the Bainbridge Island Police Department as well as three additional units that have been placed within the Bainbridge Island School District.

If you wish to contribute to this life saving effort, the Rotary Club welcomes financial gifts in any amount that are designated to purchase additional AED units. Please make your checks payable to the Rotary Club of Bainbridge Island AED Program. Their address is: P.O. Box 11286, Bainbridge Island, WA 98110. Alternatively you can also reach them via their club website at: bainbridgeislandrotary.com

Since 1947, the Rotary Club of Bainbridge Island has convened under the motto “Service Above Self”. The Club works to help others, promote integrity, advance local community and world understanding, goodwill, and peace through a

fellowship of business, professional and community leaders. Today the club is proud to have more than 115 active members, each working hard to make a difference in the world we share.

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