



NEW YORK STATE SENATOR

Pamela Helming

Senator Helming Announces Karen Dewar is 2025 Woman of Distinction

PAMELA HELMING May 14, 2025

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Senator Pam Helming announced that longtime nurse and first responder Karen Dewar has been named the 2025 Woman of Distinction for the 54th Senate District, as part of the New York State Senate Women of Distinction program. Karen was recognized Tuesday at a ceremony in Albany.

Karen Dewar, a resident of Geneseo, is the Director of Emergency Medical Services for Livingston County, having served in that leadership position since 2011. As Director, she manages an EMS provider program consisting of Emergency Medical Technicians and Paramedics, coordinates emergency medical education programs, and promotes a county-wide cooperative, collaborative, and systematic approach to pre-hospital emergency medicine.

Her significant accomplishments as Director of Emergency Medical Services include the creation of the Community Paramedicine Program. This program serves older residents of the county's rural communities by identifying adults in need, connecting them with resources that promote health, and offering them tools to stay safely and independently in their homes.

Karen began her healthcare career as a New York State Emergency Medical Technician and has been a volunteer member of the Geneseo Fire Department and Ambulance for over 48 years. She has served as the department's Ambulance Captain, managing all aspects of Emergency Medical Services operations. In 1988, she became a Registered Professional Nurse, working in many nursing roles, including intensive care and emergency nursing.

Most recently, Karen served on the New York State Rural Ambulance Services Task Force to research, identify, and recommend solutions to the challenges of EMS in rural communities.

In recognition of her steadfast commitment and contributions to the EMS field, Karen received the Monroe-Livingston Regional EMS Council Harriet C. Weber EMS Leadership Award, and Registered Professional Nurse of Excellence Awards from the Monroe-Livingston Regional EMS Council and the New York Department of Health Bureau of EMS.

Karen is proud to be part of a family with a strong legacy in EMS, fire, and law enforcement service. She and her husband, David, have two children who have continued this legacy by volunteering in EMS and firefighting, and working in healthcare.

Senator Helming said, “Karen’s experience, passion and commitment are absolutely extraordinary. Her leadership in healthcare and emergency medical services is not only exemplary, it is inspirational. Through her professional and volunteer work, Karen has demonstrated how essential nurses and EMS professionals are to our communities and residents who rely on lifesaving medical care. She is an incredible example to individuals entering the healthcare and EMS fields, and especially to young women. While Karen is humble, and truly a servant leader, I am honored to celebrate her in this way and recognize her as the 2025 Woman of Distinction for the 54th Senate District.”

David LeFeber, Chairman of the Livingston County Board of Supervisors said, “Thanks to Karen’s passion and dedication, what began as a modest operation has grown into one of the most effective and professional EMS programs in the state. With more than 14,500 dispatches in 2024 alone, it’s clear how vital this system has become to the health and safety of our residents. Through her leadership, Livingston County has evolved into a model for rural emergency medical systems. Karen’s recognition as a Woman of Distinction is a perfect tribute to her decades of service to our County and its residents.”

Karen Dewar said, “I am extremely humbled and honored to be receiving this recognition. My career in healthcare has been inspired by strong, innovative, and dedicated women. Women, such as my mother, who was one of the first female Emergency Medical Technicians in the Geneseo Fire Department, and by Clara Barton who was an educator, a leader, and a humanitarian. Following in the footsteps of these women, and many others, is a privilege. I hope my legacy is an inspiration for young women to enter these amazing healthcare fields.”

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