

100



SCRMC 2019 ANNUAL REPORT



From the President | CEO

It is an honor to be part of St. Croix Regional Medical Center during its Centennial Celebration. During this time of reflection, it is important to recognize the many accomplishments that have occurred over the past 100 years. During that time the organization has transformed and expanded to become a regional health care delivery system. We remain fiscally sound and independent.

The fundamentals of health care are changing; there are larger market forces reshaping care. They include consumerism, macro-purchasers, technology enhancements, new payment models, and care system consolidations. St. Croix Regional Medical Center plans to lead, not follow. We plan to be bold, to innovate, and grow. This is part of our DNA.

For the future, the vision is to transform from quality sick care to quality well care. With a focus on care that is sustainable and affordable. By focusing on well care, we will be able to meet our new mission of helping people live healthier, happier, and longer lives.

Best regards,

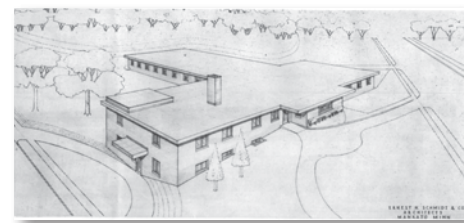
Dave Dobosenski, CEO



Medical Center Governing Board

- Curdes Bedi, MD
- Michael Buchite
- John Driscoll
- Connie Erickson
- Andrea Jerrick
- Rebecca Lyman, MD
- Patrick McDonough, MD
- Joseph Thimm
- Joseph White

1919-2019 Yesterday and Today



1971 The State Board of Health gave the Hospital Board the "go-ahead" for the hospital's expansion of 47 beds, about 20,000 sq. ft of new space. A \$300,000 grant from the Hill-Burton Foundation was received to help with costs. In 1973, another addition gives the hospital 3-floors and 65,000 sq. ft. of new space.



1919-1950 1951-1970 1971-2000 2001-2019

1919 Dr. Jake A. Riegel opened a medical practice in the childhood home of his wife, Florence Baker. As this practice grew the "Baker House" was slowly converted into a hospital and clinic. While Jake practiced medicine to local citizens, Florence took the responsibility of housekeeping, including cooking and laundry, assisted by women in the community.

The first nurses at the hospital included: Agnes Blanding, Inez Fautot, Phyllis Chioddin, Margaret Helgeson, Opal Hopfe, Lenore Nelson, Dorothy Menard, Celia Meixner and Lois Riley.

1948 Dr. Jake Riegel's son, Dr. Fred Riegel, officially set up shop as a doctor in St. Croix Falls.

1951 Dr. Riegel, his son Dr. Fred Riegel and Dr. Joe Belshe, along with many other non-medical members of the community decided a new, modern hospital in St. Croix Falls was necessary. Dr. Riegel took the problem to the council in May 1951. The city council was supportive, emphasizing the value and need of a modern hospital for the people in the immediate area, as well as acting as one of the community's strong assets.

The St. Croix Valley Memorial Hospital opened after years of campaigning for a new location. "We simply couldn't offer the refinement of facilities needed to practice modern medicine. The new hospital was the only answer to offering people all the safeguards and equipment that have become available through the years." Dr. Jake donated the Baker House property for a hospital to be constructed on; which resulted in the razing of the 101-year old house for a parking lot between the new hospital and the new clinic.

1956 St. Croix Valley Memorial began providing care for chemical dependency patients from Hazelden Foundation.



1957 Construction was completed on the River Valley Medical Center clinic adjoining the hospital.



1982-1999 St. Croix Valley Memorial and River Valley Medical Center opens community clinics in Balsam Lake, Milltown and Frederic.



1999 St. Croix Valley Memorial Hospital and River Valley Medical Center merge to become St. Croix Regional Medical Center (SCRMC).

2002 The hospital completes an expansion of 32 new patient exam and treatment rooms for the clinic, as well as a redesigned emergency department along with expanded facilities in laboratory and diagnostic imaging; and improvements to pre- and post-surgical areas.

2008 The Lloyd Olson Surgery Center is completed. The new surgery center was named for Dr. Lloyd Olson, the medical center's first general surgeon, as a way to acknowledge his 31-year commitment to SCRMC. The new Surgery Center included four operating suites, a nursing station, fourteen private rooms and an anesthesia recovery unit.

2009 The rooftop helipad was added to the Surgery Center/Hospital.

2011 SCRMC partners with the Ingalls Clinic in Webster, WI. SCRMC began expansion into Minnesota with the start of Lindstrom Rehabilitation clinic. In 2013, SCRMC opened a new community clinic in Lindstrom, MN.

2017 The Kinisi Institute for Movement opens, with its new model of musculoskeletal care. Bringing together talented physicians from multiple disciplines in one institute.

2018 The new Webster Health Center opens, providing medical, dental, physical rehabilitation, counseling and wellness services.

2019 Today, SCRMC is one of the area's largest medical centers with over 80 providers and 20 different specialties including, Family Medicine, Surgeons and Specialists, 24/7 Emergency Medicine, Orthopedics and The Kinisi Institute for Movement. There are five community clinics featuring family medicine, dental clinic, mental health services, Walk-in Urgent Care, and full-service pharmacies. SCRMC's Mission is to help people live healthier, happier, and longer lives.

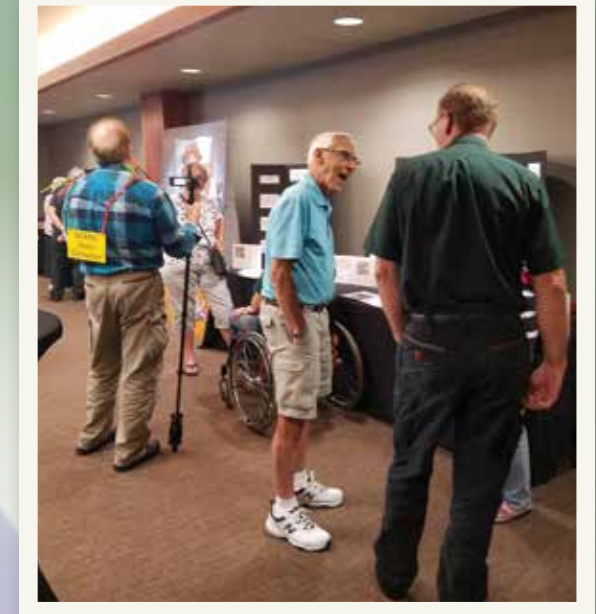


Celebrating 100 years!

A FAMILY HOME is what started it all. In 1919, after serving two years on a hospital ship during World War I, Dr. Jake Riegel returned to St. Croix Falls. There, he and his wife, Florence, opened the St. Croix Valley's first hospital in her family home, the Baker House. Dr. Riegel took care of patients while Florence took care of everything else that had to do with running the hospital. After hospital hours, Dr. Jake would make house calls, driving a team of horses around the countryside in all kinds of weather conditions. People got in touch with him by going to the nearest phone or by hanging a lantern along the road to signal him to stop. Jake and Florence Riegel led the way and set the example for the high level of care and commitment that exists today at St. Croix Regional Medical Center. For 100 years, thousands of employees of every kind and hundreds of health care providers have given 100% to help the people of the St. Croix Valley live healthy lives.

More than 300 people visited St. Croix Regional Medical Center on September 19, 2019 to celebrate 100 years of serving the St. Croix Valley. With historical displays spanning the last 100 years, antique medical equipment and even a fun life-sized game of Operation; it was a heartfelt thank you to the community. A chance to hear stories about working at the Baker house, an opportunity for current and retired employees to connect, and community members to learn about the history of St. Croix Regional Medical Center.

The Centennial Celebration was all about what living life to its fullest means. It is about well-being and providing health care that addresses unique needs. There were activities and events that celebrated being healthy today while acknowledging the commitment and perseverance of the past. Delicious hors d'oeuvres served by the nutrition services team, beautiful decorations, and hourly prize drawings made for a wonderful celebration of 100 years.





How I got from there to here

Living **life @ 100 percent** for me is stepping out of my comfort zone and putting myself through the unknown and trusting in the best outcomes regardless of the situations.

This core belief is what has carved my journey, which started in a small town of 2,797 people at age 12 and led to the capital city of Nepal to the United States of America. My strengths have been empathy and kindness, with a strong sense of social responsibility inherited from my father. My basic instinct has always been to trust people and believe in best intentions, which has paved my path at professional and personal levels.

I have not been afraid to leave my nest. Leaving behind my home and family thousands of miles away, I have taken this exceptional journey towards self-growth and accomplishment. With each passing year and a quest for more in life, I have drifted further and further, sometimes wondering if I drifted too far.

I have always enjoyed human interactions and was certain, early on, that I would have a bigger purpose in life. Five years of medical school in China, three years of internal medicine training in Brooklyn, New York, and two years of specialty training in Metabolism/Diabetes and Endocrinology at the University of Minnesota have not only built me up professionally but given me a variety of perspectives. During the years of training in New York City and Minneapolis in the United States after medical school, there were times

when I questioned if I was making a difference in a larger scale after all these years of hard work.

Like other physicians, I was living a comfortable life, but I was disillusioned about practicing medicine in a corporate world and the lack of trust in relationships between patients and physicians.

When an opportunity came for me to take this position at St. Croix Regional Medical Center, I strikingly remember the astonishingly beautiful town with hills and river that I instantly fell in love with. Unlike my past experiences with larger hospitals and outpatient clinics in big cities, this place was relatively small with a natural aura of friendliness. The closest to knowing someone in this community was an employee who went above and beyond her job description via emails to find an apartment for my family. It was a pleasantly surprising first cue that people actually cared and would go the extra mile to make things happen in this place.

I take a personal responsibility to advocate for my patients. It comes with huge privilege when people trust you with their health and let you into their lives. Each person who walks into my office seeking help leaves teaching me in return. Some show me what perseverance looks like in the face of multiple, ongoing, incurable diseases. Some show me what courage looks like in little things like trying to inject themselves with insulin despite needle phobia. Some keep failing to engage in their care in spite of my efforts, and they teach me patience in the face of failure.

This feeling has taken a long time to grow in my heart, as I keep moving and shifting gears in life, but a big part of living my life at 100 percent has been shifting those gears without fear.

Rehka Magar, MD
Endocrinologist
St. Croix Falls, WI



2019 Highlights



Kinisi Memory Clinic

By all measures, Dementia is a devastating disease. Nearly six million Americans are living with Alzheimer's disease (the most common cause of dementia). By 2050, that number may be almost 14 million. With these staggering numbers, dementia has touched innumerable families in communities like ours; affecting not only the patient but also their loved ones and caregivers. Dr. Bedi and the team at St. Croix Regional Medical Center are developing a model that could make a huge impact in how we provide care to Alzheimer's disease and other dementia patients and their families.

Like many other multi-dimensional diseases, Dementia patients need a team of multiple specialists for their care. These consultations can become laborious or downright impossible for many patients. To solve this gap in interdisciplinary care; the Kinisi Neurology team innovated the Kinisi Memory Clinic. Instead of going to multiple specialists, locations and appointments over a series of weeks, the patient can now come to SCRMC's Kinisi Institute and meet with everyone in one day. After an initial evaluation with Dr. Bedi, select patients in the early to moderate stages of dementia are invited to the memory clinic.

In this clinic, patients and families come in for a comprehensive three hour visit that includes evaluation and education. While the patient is meeting with occupational therapy, psychology, neurology and other specialties, their families are meeting with social workers and receiving education. They may make recommendations on medication, therapy and the ability of the patient to care for themselves in the short and long term. At the end of

the visit, the specialists meet together to compare notes about each patient and work collaboratively to create an individualized treatment plan. Dr. Bedi then sits down with the patient and family to share these personalized recommendations.

This provides better care for the patient. Instead of trying to piece together multiple recommendations and findings, the team of providers presents a comprehensive plan that encompasses all of their findings. The team is able to avoid duplicative efforts by being in communication about which tests and procedures have been performed, avoiding additional appointments. This responsible way of avoiding duplication saves time and money for patients, insurance companies and SCRMC.

What does the future of this program look like? While it is still in the pilot stage, early results are promising. As this condition continues to affect an increasing number of people, developing a new way to provide care could be a disruptor in the healthcare industry. This could lead to earlier diagnosis, advanced treatment options and hopefully additional research to see the first survivor of this condition.

The Kinisi Memory Clinic, just like the rest of SCRMC, is helping people live life @100%. This is one way SCRMC is transforming sick care to quality well care in a sustainable and affordable manner; helping our patients live healthier, happier, and longer lives.

Webster Dental Clinic

The Webster Dental Clinic, located in the Webster Health Center and under the leadership of Dr. Benjamin McKinley, provides all aspects of dentistry, including pediatric, geriatric, prosthodontics, osseous grafting and implant dentistry. Dr. McKinley graduated from Arizona State University in Tempe and Officer Training School at Maxwell Air Force Base in Montgomery, Alabama before receiving his medical training from the University Of Minnesota School Of Dentistry. He previously practiced at Davis-Monthan Air Force Base in Tucson, Arizona, and Midwest Dental in St. Louis Park and Eagan, Minnesota.



**Dr. Benjamin
McKinley**

The clinic started seeing patients over the summer and the community loves having a local resource. Dr. Ben and the team have gone to community health fairs, visited local schools, had a mouth guard clinic for local athletes and is planning an open house.

Why Webster? It started as a vacation spot for the McKinley family, and they really liked the community and the vision of SCRMC. Coming from the military and a larger practice, it was a constant flow of patients due to the nature of deployments and a stronger corporate presence. Being able to be involved with starting a new dental model is exciting. Playing a part in developing what the patient experience looks like and how it plays a part in the future of healthcare.

It is a new model for dentistry with a much stronger focus on relationships and overall health. The community feel of SCRMC, advanced dental technology, and convenience for the community all make this a unique model that providers across the country are asking for more information about!

The goal is to try to keep these patients out of the emergency department and move them into an integrative healthcare model. The patients can stay in their community and ensure they are taking care of all aspects of their healthcare, especially dental care. At the end of the day it is all about deepening relationships, providing a needed service and delivering better health in the community

What does the future look like for this dental care model integrated with healthcare? That is what Dr. Ben and the team are working on. He is completing a Healthcare MBA to investigate and develop what this program may look like for SCRMC, with a goal of how dentistry will become more integrated with all of healthcare.





Volunteer Partners

In 2018, 129 Volunteer Partners gave 15,197.25 hours in service; raised and donated \$32,950.09

Donated towards:

- Joint models (Kinisi)
- Dementia aides (Med/Surg)
- Sports Art Foundation Treadmill (Kinisi)
- OB Baby spoons & car seats
- Ultrasound/Electric Stimulator (Kinisi)
- Opioid brochures (Marketing)
- iSTAT Electronic Simulators (Lab)
- Mental Health Task Force GiveBIG Match
- Blanket Warmer (Surgery)
- Mammogram bracelets (Radiology)
- Urinalysis Analyzer connector platforms (Lab)

2019 Scholarship Recipients:

Kathy Nesgoda Scholarship for Nursing \$1,000 each

- Desirea Spicer (Chisago Lakes)
- Sopia Fredericks (Frederic)

TeBina Boomgarten Scholarship \$1,000 Julia Cederberg (Siren)

Dallenbach Scholarship \$500 each Gracie Barger (Chisago Lakes) Rachel Schoenecker (Chisago Lakes)

Volunteer Partners Scholarship \$500 each Anja Erickson (SCF) Anna Swanson (Osceola) Abigail Gangl (Chisago) Joelle Rapp ((Osceola)

Jodi and Dave Dobosenski Scholarship \$500 each Bridgette Lofgren (Centuria) Angela Chivers (Luck)

Health Care Advocate Award

On Thursday, September 27, 2018, the St. Croix Valley Health Care Foundation held its 23rd Annual Fundraising Gala at the Trollhaugen Convention Center. The event featured hors d'oeuvres, silent auction items, exciting drawings, and an enthusiastic live dessert auction.

The announcement of the Health Care Advocate Award given to Margie Nelson was the highlight of the evening. The Health Care Advocate Award recipient is a closely guarded secret until the evening of the Gala. This award is given annually to recognize the efforts of an individual who promotes the ideals of health care and who has contributed countless hours to the ideals of health care in the region. Margie Nelson has worked tirelessly to raise funds for cancer research by baking caramel rolls. Over the past 12 years, Margie has donated over \$35,500 in caramel roll sales. She not only prepares the rolls, but also donates the ingredients and the gas to deliver them. She gets up at 5:30 AM to prepare the caramel rolls she has orders for and delivers them warm out of the oven. She has delivered to locations as far away as the Twin Cities and has even done this in a blizzard and when schools are closed. Margie has been one of the top three fundraisers for Luck, and the Frederic-Luck American Cancer Society Walks.

Congratulations Margie, and thank you for your generosity and leadership in our region!





Sponsorships

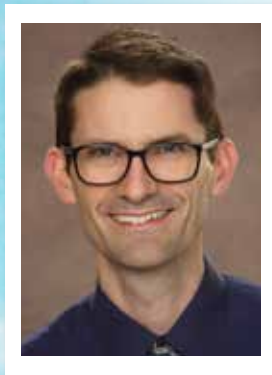
13th Annual Regional Caregiver Conference
 American Cancer Society
 Anna Antonich Foundation
 Burnett County Family Resource Center
 Cancer Center of Western Wisconsin Ball Drop
 Chisago County Sheriff's Office
 Chisago Lakes Area Chamber of Commerce
 Chisago Lakes Area Community
 Chisago Lakes Chamber of Commerce
 Chisago Lakes Rotary
 City of Trails Walk/Run
 Community Safety Net (Frederic Police Dept.)
 Cub Scouts Pack 564
 Falls Chamber of Commerce
 Final Affairs Conference
 Frederic-Luck American Cancer Society Walk
 Herb Jangor Memorial Golf
 Ki Chi Saga Days, Beyond the Yellow Ribbon
 Kinship of Polk County
 Let's Go Fishing East Central MN Chapter
 Mental Health Task Force Polk County
 Northwest Passage, Ltd
 Osceola Chamber/Celebrate Osceola

Osceola Community Health Care Foundation
 Polk County Mental Health Task Force
 River's Fun Day
 Robin's Nest Orphanage - Jamaica
 St. Croix Falls Police Department
 Siren Chamber of Commerce
 Siren Open Golf Scramble Hole Sponsorship
 St. Croix Falls Farmer's Market
 St. Croix Falls School District
 St. Croix Valley Healthcare
 St. Croix Valley United Way
 STAR Education Foundation
 Taylors Falls Lighting Festival
 Taylors Falls National Night Out
 Taylors Falls Wannigan Days
 Wal-Mart Community Grants
 Webster Education Foundation
 Yellow Lake Food Distribution

Community Benefits

Baby Expo
 Back Pack Programs
 Bike Rodeos
 Breast Health Expo
 Burnett County Breastfeeding Coalition
 Burnett County Community Resource Center
 Cancer Center of Western Wisconsin
 Caregivers Conference
 Car Seat Safety Clinics
 Chamber of Commerce Events in Lindstrom, St. Croix Falls, Balsam Lake, Siren, Webster and Frederic
 Chisago Lakes Adverse Childhood Experiences (ACE's)
 Chisago Lakes Community Education Advisory
 Chisago Lakes Initiative Board
 Chisago Lakes Middle School Health Fair
 St. Croix Falls City of Trails
 Community CPR Classes
 Community Club Events in Milltown and Luck
 Diabetes Night Out
 Diabetes Prevention Classes
 Family and Childbirth Education Classes
 Fitness Classes
 Fitness on the Beach
 Final Affairs Conference
 Frederic ACS Walk for Life
 Gandy Dancer Trail Marathon
 Healthy Burnett
 Insulin Incentive Program
 Kinship Program
 Kindergarten Tours
 Luck School District Health Fair
 Milltown Community Kids Night Out
 Mobilizing Action through Planning and Partnerships (MAPP)
 National Night Out
 Polk County Employee Health Fair
 Polk County Mental Health Task Force
 Polk County Nutrition and Physical Activity
 Polk County Substance Abuse Task Force
 Polk United
 Red Cross Blood Drives
 Rotary Clubs
 Safe Start Driving School
 Safety Camp
 Siren School Health Fair
 St. Croix Falls Middle School Health Career Tours
 St. Croix Valley Community Resource Center
 Support Groups—Breastfeeding, Chronic Pain, Diabetes, Grief
 Unity Safe Halloween Trunk or Treat
 Webster School District Health Fair
 Wellness Coaching
 Women's Health Conference
 Worksite Wellness

New Providers at SCRMC



Bryan Blumell, MD
Family Medicine
Frederic



Janine Crotty, FNP
Family Medicine
St. Croix Falls
Walk-in Clinic



Christine James, DO
Psychiatry
St. Croix Falls, Frederic, Webster
Health Center



Benjamin McKinley, DDS
Dentistry
Webster Dental Clinic



Danielle Walker, MD
Family Medicine
St. Croix Falls and Unity

Employee Excellence



July 2018
Teri Wolfe
Retail Pharmacy-Pharmacist
St. Croix Falls



August 2018
Chona Hanson
Physical Therapist
Rehabilitation Services
St. Croix Falls



September 2018
Nancy Alderman
Materials Management Assistant
St. Croix Falls



October 2018
Jackie Hillman
Gift Shop Coordinator
Volunteer Partner
St. Croix Falls



November 2018
Jeanne Berg
Environmental Services
Lindstrom Clinic



December 2018
Ashley Peterson
Sleep Center
Clinical Coordinator
St. Croix Falls



January 2019
Mary Bergeron
Patient Financial Counselor
Unity Clinic



February 2019
Marcia Lade
Nutrition Associate
Nutrition Services
St. Croix Falls



March 2019
Nicole Kielsa
Physical Therapist
Rehabilitation Services
St. Croix Falls and Lindstrom



April 2019
Scotty Erdey
Hospitality Aide and Barista
Nutrition Services
St. Croix Falls



May 2019
Jessica Wegner
Pharmacy Buyer and
Lead Technician
Hospital Pharmacy St. Croix Falls

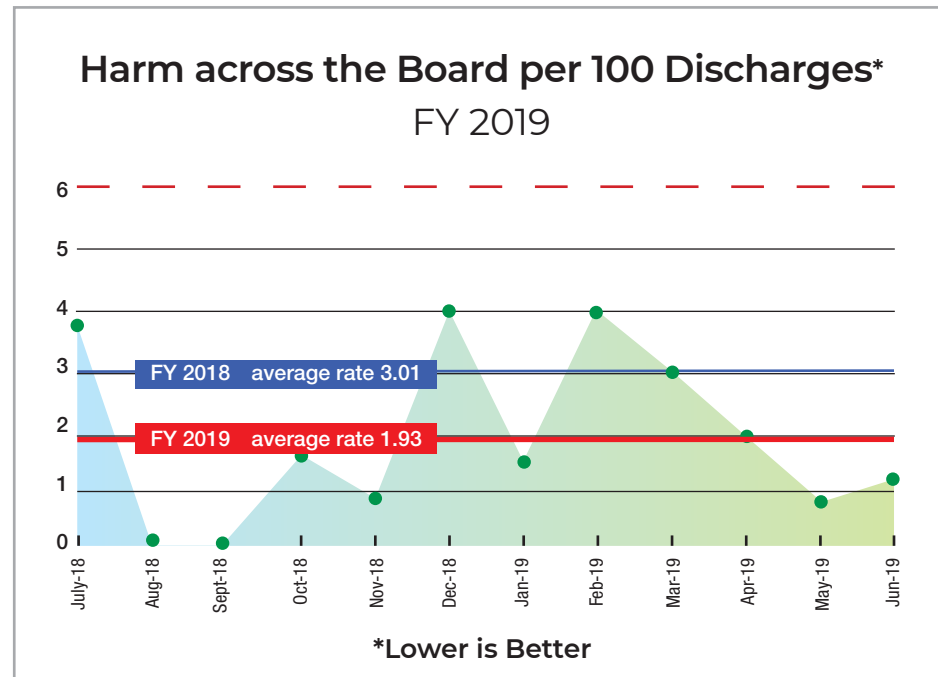


June 2019
Christina Engquist
Certified Surgical Technician
Surgical Services
St. Croix Falls

Improving Care 2019

Continuous quality improvement at SCRMC requires the ongoing, reliable work of dedicated leaders, medical providers, and staff in all departments, along with the leadership of our governing board. This annual report recognizes hard work on strategic initiatives and projects throughout FY 2019.

The combined efforts produced a reduction in average harm rate from 3.01 in FY 2018 to 1.93 in FY 2019.



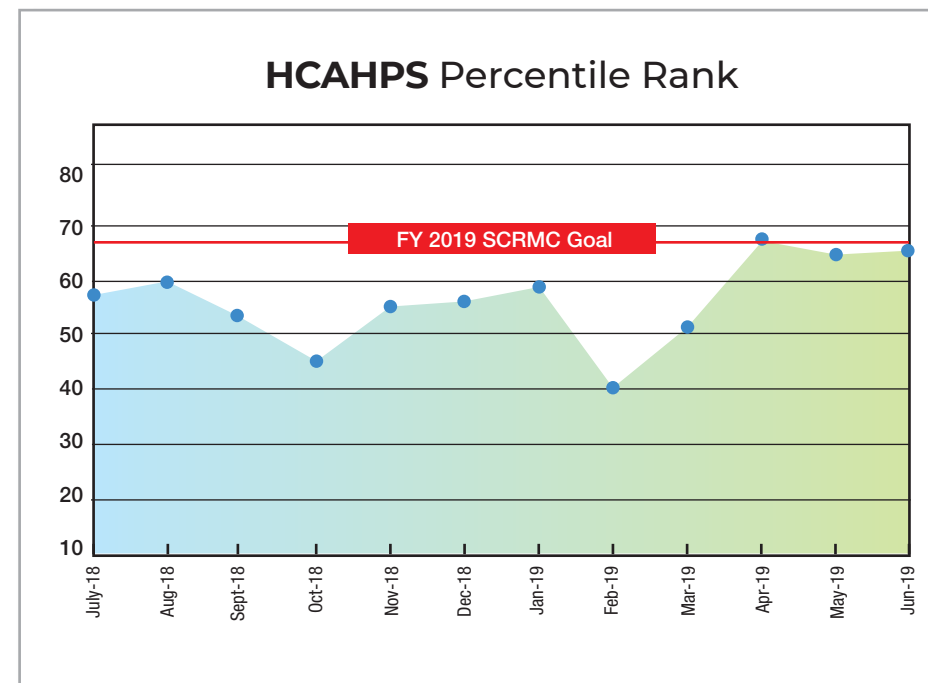
Goal: Continue to work toward zero patient harm.

Total Harm, also called Harm Across the Board, has been defined at SCRMC as the rate, per 100 inpatient discharges, of patients experiencing an inpatient fall resulting in an injury, inpatient medication error resulting in harm, adverse drug reaction, surgical site infection, catheter-associated urinary tract infection, central line-associated blood stream infection, venous thromboembolism, hospital-acquired pressure ulcer, missing the 3-hour sepsis bundle, and certain neonatal trauma.

FY 2019 marked the third year of work to reduce the overall rate of patient harm. Following last year's success, many departments continued efforts already in place. These efforts include, but are not limited to, ongoing work on bedside barcode scanning of medications in all inpatient care departments, bedside specimen labeling in lab, use of communication boards in patient rooms to reduce falls, and meetings of the interdisciplinary falls and medication safety teams.



Goal: Increase percentile rank (as compared to the national database) on the HCAHPS question "Likelihood to Recommend."



At the end of FY 2019, the hospital is meeting their goal with a score at the 67th percentile.

As "One Team," all team members work together to improve both the hospital and clinic experiences. Several initiatives have been implemented to improve the patient experience, which include: Hourly Rounding and Nurse Leader Rounding on Hospital Patients, New Patient Communication Boards. One of the major initiatives across all areas was AIDET Communication framework.

Studies show that patients with better care experiences are often more adherent to medical advice and treatment plans, thus leading to better health outcomes. SCRMC proudly utilizes CMS-approved CAHPS (consumer assessment of healthcare providers and systems) surveys to formally survey patients receiving clinic and inpatient hospital services.

Preliminary Comparative Income Statement

| | <u>6/30/2019</u> | <u>6/30/2018</u> |
|-----------------------------------|----------------------|----------------------|
| PATIENT REVENUES | | |
| Inpatient Hospital | \$24,406,550 | \$24,644,872 |
| Outpatient Hospital | 121,615,335 | 100,162,611 |
| Professional and Clinic | 57,004,679 | 49,942,963 |
| Total Patient Revenues | \$203,026,565 | \$175,750,446 |
| Government & Insurer Discounts | (\$93,844,800) | (\$79,964,152) |
| Bad Debt Expense | (3,809,079) | (2,239,975) |
| Charity Care | (966,684) | (616,267) |
| Miscellaneous | 1,646,707 | 1,591,504 |
| Net Operating Revenue | \$106,052,709 | \$94,521,858 |
| OPERATING EXPENSES | | |
| Salaries—Staff | \$44,651,822 | \$42,866,307 |
| Employee Benefits | 9,992,246 | 9,774,808 |
| Contracted Physician Fees | 9,113,955 | 6,708,877 |
| Purchased Services | 7,844,559 | 6,903,125 |
| Supplies and Drugs | 21,160,709 | 17,039,656 |
| Building, Equipment and Repairs | 3,336,430 | 3,101,448 |
| Depreciation and Amortization | 4,320,598 | 3,723,114 |
| Interest Expense | 19,559 | 113,991 |
| Rental Expenses | 366,591 | 312,948 |
| Utilities Expenses | 708,016 | 690,697 |
| Other Expenses | 2,682,288 | 2,659,947 |
| Total Operating Expenses | \$104,196,772 | \$93,894,918 |
| Operating Income | \$1,855,937 | \$626,940 |
| Non-Operating Net Revenues | \$3,360,884 | \$3,047,836 |
| Net Income | \$5,216,821 | \$3,674,776 |



Charity Care: \$966,684
 Number of applications for Financial Assistance: 480
 —affecting over 164 families



Art depicts what **life @ 100 percent** means to students

When Balsam Lake Unity School art teachers Craig Zipperer and Jennifer Vos Benkowski asked their students who would like to participate in expressing what living life at 100 percent meant them, two hands went up enthusiastically in each classroom.

In celebration of our 100th anniversary this year, we asked these young, local artists to create their own of interpretation of the St. Croix Regional Medical Center anniversary theme, "Life @ 100%."

We then asked them to tell us what inspired the artwork they produced, and then install the four pieces at Unity Clinic in Balsam Lake, in a special window display. They were also shown at SCRMC's Centennial Celebration.

For more information, visit our website dedicated to helping people live life @ 100%.

www.celebrate100percent.com

Here's what they said:

"To live life at 100% in my mind means going on adventures. Exploring new places, tasting something new, meeting a stranger, and taking risks. Especially going on a fishing trip in Alaska with my family, watching whales jump out of the water as we head in."

Sidney Bader | 9th Grade, Unity High School, "Adventures"

"This painting is Agate Beach in Oregon. It was the first time I had been at the ocean as well as my first vacation. We traveled there for spring break one year because my older sister lives there, and we hadn't seen her in a long time. This beach will always be one of my happier memories because it was a time in my life when everyone was truly happy. For me, in that moment, life couldn't get much better than that."

Kalie Kvalevogr | 11th Grade, Unity High School, "Agate Beach"

"In working on this artwork I discovered that I like to draw colorful backgrounds and plain, simple pictures. I like to show that plain things deserve to be beautiful and noticed too. Don't Walk, Fly means you should stand out from walkers and be a flyer! We all need to live the best life we can because life is too short so living to 100% is good for you and others. I also put a rainbow storm because it also means stand out from other people and be who you are. Never stop being you! The umbrella shows to fight back the people who won't accept you for who you are. If you are right next to someone who won't accept you, tell them, 'I am who I am and I love me for me!'"

Maddy Schleusner | 3rd Grade, Unity Elementary School, "Don't Walk, Fly"



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Printer: GLS, Brooklyn Park, MN 250-10/19