

Get your move on!



David Feinberg Vitality & Aquatics Center:

Sholom employees have free access to David Feinberg Vitality & Aquatics Center. Located on the Shaller Family Sholom Home East Campus, the Vitality & Aquatics Center has computerized fitness equipment and a warm-water therapy pool designed to promote personal fitness and wellness.



To sign-up or for more information call, **651.328.2051**. Employees must complete a waiver before utilizing the facilities.

Minnesota JCC Fitness Centers:

Sholom employees can receive 25% off monthly membership fees at the JCC’s Fitness Centers. The health and wellness programs at the Capp Center and the Sabes Center offer a variety of cardiovascular and strength equipment, classes and programs, personal training, aquatics, sports and recreation.



Learn more at: [www.minnesotajcc.org/fitness-club](http://www.minnesotajcc.org/fitness-club)

Capp Center (St. Paul) **651.698.0751**    Sabes Center (Minneapolis) **952.381.3400**  
 1375 St. Paul Ave, St. Paul, MN 55116    4330 South Cedar Lake Rd, Minneapolis, MN 55416

Curves Gyms:

Sholom employees can receive reduced enrollment fees and monthly rates, as well as a free/day guest pass at the Curves Gym in Falcon Heights. To receive the discount, pick up the flyer from the HR office and bring it with you to your next gym visit.



Curves **651.646.3885**  
 1553 Larpenteur Avenue West, Falcon Heights, MN 55113

Anytime Fitness:

Sholom employees can receive 50% off enrollment fees, 10% off monthly rates, and a free 7-day guest pass at Anytime Fitness locations. To receive the discount, pick up the flyer in the HR office and bring it with you to your next gym visit.



Visit [www.anytimefitness.com](http://www.anytimefitness.com) to find a location near you.

FINANCIAL SAVINGS RESOURCES

See how much you can save!

Krupp Employee Loans & Advances:

Employees can apply for a no-interest loan or pay advance from Sholom through the Krupp Employee Loan Program. The Krupp Employee Loan Application is available in the HR office or for more information, contact [payroll@sholom.com](mailto:payroll@sholom.com).

Who is eligible for a loan or an advance?

- Must be Full Time or Part Time.
- Internal Pool/On Call employees are not eligible for loans or advances.
- Must have been employed by Sholom for at least 1 year.
- Must be regularly scheduled to work.
- Must not have any performance memo(s) in the previous 6 months.
- Must wait at least 30 days between the final payment of a previous loan or advance, which is the equivalent of 2 pay dates.

How much am I eligible to receive?

LENGTH OF SERVICE	FULL-TIME	FULL-TIME
1 to 2 years	\$500	\$300
2 years & over	\$1,000	\$500
Advance	Advance amount cannot exceed the net value of the hours worked in the current pay period.	

LifeMart with ADP:

Life gets expensive. LifeMart, through ADP, makes everyday life a little more affordable — and a lot more fun — with both national and local discounts from brands you know and love. Take advantage of exclusive discounts and coupons for groceries, travel, electronics, daycare, and more!



- To Access LifeMart:**
- Login in to your ADP Workforce Now account
  - Click on the “MYSELF” tab, then go to “Benefits”
  - Click on “Employee Discounts – LifeMart”

AMC Movie Tickets:

Sholom employees can purchase discounted AMC Theatre tickets for only \$8.50! Tickets can be purchased at the front desk of the Ackenberg Family Campus and the Shaller Family Campus or by contacting [compben@sholom.com](mailto:compben@sholom.com). The tickets will be deducted on the next payroll, no cash exchange needed.



Verizon:

Sholom employees can save up to 22% on their monthly bills at Verizon. To receive the discount, pick up the flyer in the HR office and bring it with you to a Verizon location near you.



OUR MISSION

Sholom, in partnership with our community, supports adults in need across the continuum of care, to live life fully in a Jewish environment and where all are welcome.

*Sholom is an Equal Opportunity Employer*



INDEPENDENT LIVING  
 ASSISTED LIVING  
 MEMORY CARE  
 SKILLED NURSING  
 TRANSITIONAL CARE  
 HOME CARE & HOSPICE  
 AQUATIC THERAPY, PT, OT & SPEECH

*Together, let’s create a life of connection, tradition, and wellness.*

3620 Phillips Pkwy, St. Louis Park, MN 55426  
 740 Kay Ave, St Paul, MN 55102

[www.sholom.com](http://www.sholom.com)



EMPLOYEE PROGRAMS AND RESOURCES





Expand your horizons at Sholom.

Supervisor Training:

Learn, Grow, Lead. Sholom encourages staff to develop their skills by offering a Supervisor Training series. Whether you are a new leader at Sholom, or someone who hopes to be a supervisor in the future, these courses can help you develop and enhance your skills. Each Supervisor training series offers prerequisites and a full-day course.

Training topics include, but are not limited to:

- Navigating conflict and effective communication strategies for a productive team
- Generational differences in the workplace and fostering a culture of respect
- Financial and time management for supervisors
- Best employment practices for FMLA, leaves, worker’s compensation, employee relations, and investigations

To sign-up or learn more, reach out to [training@sholom.com](mailto:training@sholom.com).

Tuition Assistance Program:

Sholom’s Tuition Assistance Program provides financial support to employees who wish to pursue further education. Sholom will provide up to \$4,500 towards educational programs pursuing a professional certificate, undergraduate degree, or graduate degree and up to \$1,000 towards other developmental or educational programs each year.

Eligibility requirements:

- Work on average 16 hours per week at Sholom for 6 continuous months
- Have to work 6 months at Sholom after receiving reward funds
- Have completed annual education requirements in a timely manner
- Be in good standing with no corrective actions in the last 3 months
- Be enrolled in an educational program that is related to Sholom’s careers or organizational focus

Please see the application for program guidelines and process. Applications are available in the HR hallway or contact [compben@sholom.com](mailto:compben@sholom.com).

The International Institute of Minnesota – FREE Courses:

The International Institute of Minnesota provides free courses and job training programs for New Americans. Their goal is to provide financial stability, career advancement, leadership and mentorship to every New American looking for a strong start to life in Minnesota.

Phone: **651.647.0191** Web: [www.iimn.org/programs/classes-and-job-trainings](http://www.iimn.org/programs/classes-and-job-trainings)

Free courses included:

- English reading, writing, and comprehension courses
- Nursing Assistant (CNA) training and certification.
- Dietary Aide training & certification

NAR/CNA Certification Reimbursement Program:

Per DHS regulation, Nursing Assistants are eligible for NAR training and exam costs reimbursement. This program reimburses or assists with a portion of the costs of the nursing assistant training, NNAAP exam, and other eligible expenses. Please see the application for program guidelines and process. Applications are available in the HR hallways, SharePoint, or by email at [compben@sholom.com](mailto:compben@sholom.com).

RN & LPN Loan Forgiveness Program:

Sholom’s RN & LPN Loan Forgiveness Program provides financial relief to employees within the East and West care centers who are looking for help paying off their student loans. Sholom will provide up to \$4,500 towards reimbursement of an employees minimum monthly student loan payment. To learn about the eligibility requirements and to acquire an application go to the HR hallways, SharePoint education tab, or by email at [compben@sholom.com](mailto:compben@sholom.com).

Public Service Loan Forgiveness Program:

Do you have student loans? If so, you may be eligible to receive forgiveness on your loans by working at Sholom. Sholom is a qualified employer of the Public Service Loan Forgiveness Program (PSLF). The PSLF is a federal program that forgives the remaining balance on eligible Federal Direct Loans after you have made 120 qualifying monthly payments under a qualifying repayment plan while working full-time. For more information or to apply to the program, please visit [www.studentaid.gov/pslf](http://www.studentaid.gov/pslf).



Minnesota Long Term Care Nurse Loan Forgiveness Program:

The Minnesota Department of Health provides funds for the repayment of qualified educational loans related to the past graduate or undergraduate education of Registered Nurses and Licensed Practical Nurses in Minnesota working in nursing homes. To determine your eligibility or to view the program’s next application cycle, please visit: [www.health.state.mn.us/facilities/ruralhealth/funding/loans/nurse.html](http://www.health.state.mn.us/facilities/ruralhealth/funding/loans/nurse.html) or email: [healthloanforginness@state.mn.us](mailto:healthloanforginness@state.mn.us).

Rasmussen University Discount:



**20% off School Tuition for all Sholom staff.** This discount is eligible for all undergraduate, graduate, and professional certificate programs. For an informational flyer, go to the HR resource center wall. To redeem go to your Rasmussen school advisor with your most recent Sholom pay stub.

St. Catherine’s University Discount:



**10% off School Tuition for all Sholom staff.** This discount is eligible for selective undergraduate and graduate programs, for a list of programs; they are located in the HR Resource Center literature racks. To redeem go to your St. Catherine’s school advisor with your most current Sholom pay stub.

INTERESTED IN LEARNING MORE ABOUT DEVELOPMENT OPPORTUNITIES AT SHOLOM?  
Reach out to [compben@sholom.com](mailto:compben@sholom.com) and let us help you reach your goals!

Live your healthiest life.

Employee Assistance Program:

New York Life & ComPsych have partnered up to assist and find solutions for all Sholom employee needs using the developed Employee Assistance Program. This program is free of charge, and can help you and your family find solutions and restore your peace of mind.



The Employee Assistance Program is available 24/7 via phone at **800.344.9752** or at [www.guidanceresources.com](http://www.guidanceresources.com)  
*(Web ID for Participants: NYLGBS)*

The Employee Assistance Program offers the following services:

- **Life Assistance Program:** You and family have access to various counseling services including legal, financial, and work-life balance assistance. A Master’s or PhD-level counselor, who will collect general information and discuss your needs, answers all counseling calls. Maximum of three sessions, per issue, per year.
- **Guidance Resources:** When you need information for life’s challenges, you can visit [www.guidanceresources.com](http://www.guidanceresources.com) for resources on topics such as health, legal regulations, relationships, work and education, finances, and home and auto. You will have access to articles, podcasts, videos, slideshows, and ondemand trainings.
- **Well-being Coaching:** To help you achieve your goals, you will have access to a certified coach who will work with you, one on one, to address health and well-being issues such as burnout, time management and coping with stress. You have access to five telephonic sessions per year.
- **Family Source:** To help resolve everyday work and home concerns, you have access to family care service specialists that provide customized research, educational materials and pre-screened referrals for childcare, adoption, elder care, education, and pet care.

Learn to Live:

Learn to Live is an online resource for those struggling with stress, depression, sleeplessness, substance use or social anxiety, providing help anywhere, at any time. Employees and family members (ages 13 and older) can enroll for free in any of the interactive programs — Social Anxiety, Depression, Insomnia, Substance Use or Stress, Anxiety & Worry. We encourage you to take a quick assessment to find out if any of these challenges are impacting your life.



To learn more about Learn to Live’s programs, visit [www.learntolive.com](http://www.learntolive.com) and enter the code **SHOLOM**.

Omada Health:

Omada Health is a digital care program that empowers you to achieve your health goals and build healthy patterns through sustainable lifestyle change. Omada is personalized to support people as their needs evolve, whether you are overweight or obese, and at risk for or living with ongoing health conditions, such as type 2 diabetes.

If you are enrolled in one of Sholom’s Blue Cross Blue Shield Health plans, you may be eligible to participate in one of Omada’s programs.

Learn more, visit [www.omadahealth.com/sholom](http://www.omadahealth.com/sholom)

BCBS Diabetes Prevention Program:

A lifestyle change program to help reduce your risk of type 2 diabetes. An in-person option for those who best learn that way and facilitates support. Included within the program:

Lifestyle Coaching • Personalized Coaching • Supportive Peer Groups

If you enroll in one of Sholom’s Blue Cross Blue Shield Health plans, you may be eligible to participate in this program. Visit [www.dprp.cdc.gov/registry](http://www.dprp.cdc.gov/registry) for more information.

Blue365:

Are you enrolled in a Blue Cross Blue Shield health plan? If so, then you have free access to premier health and wellness discounts through Blue365. Blue365 is a free program with year-round discounts on gym memberships, fitness gear, healthy eating options and more. To get started, visit [www.blue365deals.com](http://www.blue365deals.com).



WANT TO KNOW MORE ABOUT WELLNESS RESOURCES?

Reach out to our benefits team at [compben@sholom.com](mailto:compben@sholom.com)

