

Stoughton HR

Employee Newsletter

Newsletter Highlights

Health & Wellness

Health Wallet App

Employment Opportunities

Town Happenings

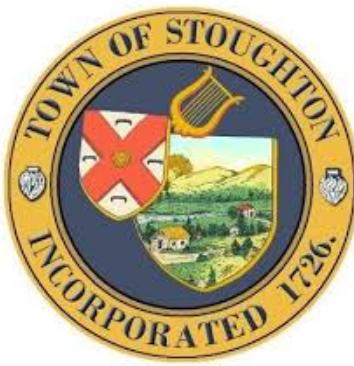
Public Safety Wellness

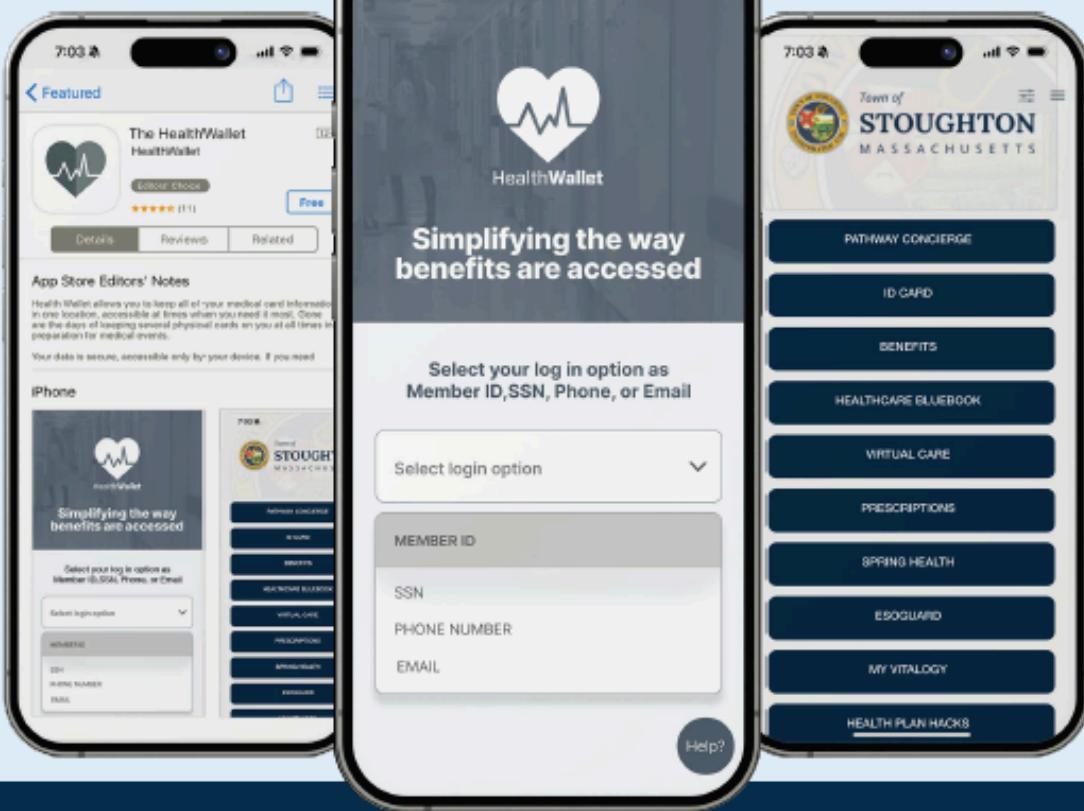
Quarterly Newsletter

New Benefit Spotlight: Health Wallet App

The Stoughton Human Resources Department is excited to introduce a brand new benefit available to all town health insurance subscribers: the **Health Wallet App**! This new benefit has been available since the beginning of the fiscal year, and has had great feedback so far! This easy to use app is your all-in-one tool for managing health benefits. Once you download the app, you will have your ID card, Benefits Summary, and Deductible balance at your fingertips. That is not all it has; with a tap on the screen, you can reach information on Express Scripts, CanaRx, the Pathway Concierge, and even get help finding a provider. In addition, there are links to free therapy and coaching through Spring Health, free virtual urgent care, \$0 cost lab testing through My Vitalogy, and contact information for Esoguard to have early esophageal DNA testing. This app is designed to make navigating your benefits simpler and more convenient. If you have any questions or need help getting started, don't hesitate to reach out. We're here to help!

– Your HR Team





Health**Wallet**

HOW TO LOGIN TO Health**Wallet**



HealthWallet**, gives you get easy access to essential tools right from your home screen. You'll find all of your benefit resources and tools in one central spot.**

- 1 Type in get.thehealthwallet.com in your browser on your phone
- 2 Download the app that the above web address brings you to
- 3 Open "The Health**Wallet** App"
- 4 To log in, select one of the following options: Member ID, Email, Phone Number, or SSN.
- 5 Access your Health**Wallet** Services & Features.

If you need assistance with the Health**Wallet** app please call us at
1-866-918-7735 or email us at support@thehealthwallet.com.

Congratulations
Elsa!

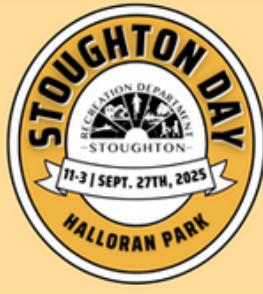


Please join us in congratulating
Elsa Moriarty on passing her exam to
become a Certified Collector.
The Town of Stoughton is proud of you!

Fall Calendar

STOUGHTON DAY

Stoughton Day is a FREE family fun event filled with live music, food trucks, touch-a-trucks, petting zoo, face painters, balloon artist, kids entertainment, and more!



11 AM - 3 PM
HALLORAN PARK
SATURDAY
9/27/2025

Celebrations This Quarter:

Labor Day - September 1st
Patriot Day - September 11th
Breast Cancer Awareness Month - October
Columbus Day - October 13th
Halloween - October 31st
Veteran's Day - November 11th
Thanksgiving - November 27th



Haunted Town Hall



TOWN HALL COSTUME CONTEST

Get ready to show your spooky spirit! Each Town Hall Department is invited to participate in the costume contest by dressing up individually or by coordinating themed costumes. Come to work dressed in your best disguises on Friday, October 31st. Bonus points if you decorate your office!

Tip Of The Season

Fall Harvest: Pick Your Own Fresh Produce:

Fall is the perfect season to get outside and enjoy the best of local farms! Picking your own produce is a great way to soak up the fresh air, get some exercise, and bring home fresh foods. Visiting local orchards and farms is also a great way to support local small businesses while making memories with family or enjoying a peaceful afternoon outdoors.

- Langwater Farm - Easton
- Wards Berry Farm - Sharon
- C.N. Smith Farm - Bridgewater
- Honey Pot Hill - Stow
- Tougas Family Farm - Northborough
- Lookout Farm - Natick



Anniversaries

5 Years - 10 Years -
Michelle Hammer Kristen O'Brien

20 Years - 30 Years -
David Conforti John Deandrade
Robert Kuhn & Michael Peck
John Lydstone

Happy Work Anniversary to our dedicated and hard-working Town Employees!

For More Town Events, Check Out the Library and Recreation Calendar's!

[Library Calendar](#)



[Recreation Calendar](#)

HR Reminders: Upcoming Site Visits

Please be on the lookout for the site visit dates for the following benefits:



- American Fidelity Flexible Spending Accounts (FSA)
- Empower Deferred Compensation



The site visit for American Fidelity is expected to be scheduled in October. This will be an open enrollment for the Flexible Spending Accounts (FSA) and will be an opportunity to enroll or make changes for the upcoming year. The site visit for Empower is expected to be scheduled in September or October. This will be an opportunity to go over your plan and investments and ask any questions you may have regarding your Deferred Compensation and/or Roth plan. More details and information will be shared once they are finalized. Check your emails for updates and if you have any questions in the meantime, please stop by the HR Office.

Cheers to Retirement!

Fred Spintig Jr. -

July 8, 2025

Thank you for 38 Years!

Dennis Medeiros -

August 21, 2025

Thank you for 19 Years!



HAPPY THANKSGIVING

We want to express our gratitude to our employees, citizens and their families. Your hard work, support, and dedication are what makes our Town an amazing place to work and live. We are thankful for the community we have built together and are grateful for each and every one of you. We hope you enjoy this holiday with your families and loved ones and wish you all a very Happy Thanksgiving!

Recreation Department's
Halloween Costume Exchange

Costume Drop Off Deadline:
Wednesday October 1st

Costume Exchange @ Rec Dept:
Thursday October 2nd
10:00 AM - 7:00 PM
&
Friday October 3rd
8:30 AM - 12:00 PM

For more information click the link below:

[Click Here](#)

For More Town Events, Check Out the Library and Recreation Calendar's!

[Library Calendar](#)



[Recreation Calendar](#)



HR CORNER

Employee Benefits

Health Insurance Benefits Available To All Full Time Employees Enrolled In Our Health Plan

CANARX

Sign up for CANARX and have your prescriptions mailed to your door. This program is available to eligible employees and their dependents of the Town of Stoughton, MA. Brand name medications, in the original factory-sealed manufacturers packaging, are delivered DIRECT TO YOUR DOOR from certified pharmacies in Canada, the United Kingdom and Australia. YOU PAY NOTHING thanks to the savings CANARX brings to your plan.

- \$0 Copay
- 450+ FREE Brand Name Medications
- Easy, convenient refills
- Refills only, no "new to you" meds
- No additional costs



1-866-893-6337
www.canarx.com
WebID: STOUGHTON



Good Health Gateway: Diabetes Rewards Program

The Town of Stoughton is committed to helping their employees and their families on the health plan who have a diagnosis of pre-diabetes or diabetes improve their overall health and wellbeing. When members join the program and meet the basic requirements, they get \$0 copays on covered diabetes medications and supplies to help them manage their condition successfully. Participation in the program is voluntary and confidential. HIPAA privacy and security standards are used to ensure the protection of your healthcare information. To learn more about the program and the basic requirements, call 800.643.8028, or register at GoodHealthGateway.com



Utilization of these programs directly affect the cost of our insurance. Using the vendors available to you saves the Town and the Subscribers money.

Lyric: Virtual Urgent Care

Doctors can be hard to reach, illnesses can occur in the middle of the night, and sometimes you just have a question. Get on-demand care when you need it. Access to board-certified physicians 24/7/365 - Call, Tap, or Click Away

Common conditions where telehealth could be the preferred option to avoid a doctors visit and save time and money:

- Flu Symptoms
- Sinus Problems
- Ear Infection
- Allergies
- Urinary Tract Infection
- Acne
- Nausea
- Pink Eye
- Stomach Viruses
- Rashes
- Sore Throat
- And More...



1-866-223-8831
www.GetLyric.com



MIIA: Employee Assistance Program

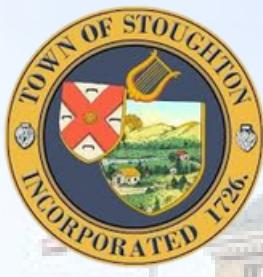
MIIA is a non-profit Employee Assistance Program that can help you reduce stress, improve mental health, and make life easier by connecting you to the right information, resources, and referrals. These services are at no cost to employees, confidential, and available to you and your family members.

MIIA provides the following services:

- Short-term Counseling
- Mental Health Sessions
- Life Coaching
- Financial Consultation
- Legal Consultation
- Work-Life Resources and referrals
- Medical Advocacy

www.myassistanceprogram.com/miia-eap/
1-800-451-1834





TOWN OF STOUGHTON

10 Pearl Street • Stoughton, MA 02072 • (781)341-1300 • FAX(781)341-1032

Retirement Guide

So you are thinking about retiring....

While planning your retirement can be a very exciting time, it can also be very confusing with many different things to think about. We are here to help you!

To prepare for retirement, you should reach out to the following governmental agencies:

Norfolk County Retirement	(781) 821-0664 (800) 772-1213
Social Security Medicare	(800) 633-4227 https://www.medicare.gov/basics/get-started-with-medicare
Human Resources	781-232-9226 781-232-9259 781-232-9260

Once you retire from the Town of Stoughton, you may keep your health insurance, dental, and vision insurance. You can also maintain your basic life insurance. If you have voluntary life insurance, there are different guidelines depending upon when you originally enrolled in the plan and your age at the time of retirement. We can discuss this with you on a case-by-case basis.

Payments for whichever benefits you wish to retain will be deducted directly from your retirement check (*as long as there are sufficient funds in your check*). Human Resources will set up a deduction for you. **This means you will need to discuss your wishes with Human Resources prior to your retirement.**

It is also important to discuss your retirement with HR so that we can assist you with whether or not you and your dependent(s) may remain on our active health insurance plan or if you and/or your spouse will need to move to our Medicare plan. We will guide you through the process.

Normally, when you retire, it will take a month or so before you receive your first check. Knowing this, we can take additional deductions out of your last paycheck from the Town to keep you up to date with your insurance payments.

The whole key to a smoother transition to your retirement is to discuss your wishes with Human Resources and stay in touch. We are here to help you!

Please, if you have any questions, give our office a call. You can reach Deanna at Ext 9226, Tracy at 9259, and Erica at 9260.

SELF SERVE

Did you know all town employees have access to our Self Serve website? Use this site to access paystubs, benefits information and enrollment forms. Click the link below to access Self Serve. If you need a password reset, reach out to HR and we can reset it for you. If you have never logged into our Self Serve Portal, your username is your employee number and your password is the last four digits of your social security number. You will be prompted to change your password upon logging in.

[Go to Self Serve](#)

Talk to HR



Deanna Chatsko, Director of HR
dchatsko@stoughton-ma.gov
781-341-1300 x9226

Tracy Pereira, Assistant Director of HR
tpereira@stoughton-ma.gov
781-341-1300 x9259

Erica Wilson, HR Assistant
ewilson@stoughton-ma.gov
781-341-1300 x9260

We Want Your Participation!

Our newsletter's success relies on your contributions and feedback. For any suggestions, recipes, feedback, or questions, please email Erica at ewilson@stoughton-ma.gov. We want to hear from you!



Current Job Openings

Looking to make a career change or know someone seeking employment?

Use the link below to access our current job openings within the Town of Stoughton.

[NOW HIRING](#)

Old Colony YMCA



MEMBERSHIP BENEFITS INCLUDE:

- Group exercise classes
- Indoor & outdoor pools
- Full fitness facilities
- Indoor walking tracks
- KidZone
- Youth sports leagues
- Multiple branch locations
- Member discounts
- Lake front beach access at Camp Yomechas

Town employees receive 2 months FREE, with NO joiner's fee when you sign up for an ongoing membership at Old Colony Y.

T's Pumpkin Dip:

From the Kitchen of Teresa Dolloff (Stoughton Public Health/Visiting Nurses)

Method:

1. Beat cream cheese using an electric mixer until light and fluffy (few minutes)
2. Add pumpkin puree, cinnamon, vanilla and pumpkin pie spice, and mix again using electric mixer until all ingredients are blended.
3. Add powdered sugar, $\frac{1}{2}$ cup at a time, mixing well each time until smooth.
4. Refrigerate until ready to serve.
5. When ready to serve: Cut off top of pumpkin (stem end) and scoop out seeds creating a bowl for dipping. Keep top with stem for presentation.
6. Fill pumpkin bowl with chilled dip.
7. Arrange pumpkin with dip on a platter with pumpkin top with stem leaning on side of pumpkin.
8. Serve with ginger snap cookies, graham crackers, apples, pretzels or any combination you like.
9. Store extra dip in airtight container in fridge for up to 1 week. Discard any dip that remained in the pumpkin.

Note: Yummy and nice presentation for fall/Thanksgiving table.

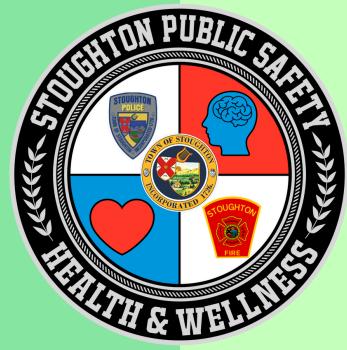
Ingredients:

- 1 - 8oz. block of cream cheese (room temperature.)
- 1 - 15oz. can of pumpkin puree
- 1.5 cups of powdered sugar
- 2 tsp. ground cinnamon
- 1.5 tsp. of pumpkin pie spice
- 1 tsp. of pure vanilla extract
- 1 small sugar pumpkin carved out (keep top with stem)



WANT YOUR RECIPE FEATURED? PLEASE EMAIL YOUR FAVORITE RECIPE TO EWILSON@STOUGHTON-MA.GOV

Public Safety Wellness Program



Introducing the Public Safety Wellness Program: Supporting Those Who Serve

The Town of Stoughton is proud to offer a new initiative dedicated to the health, strength, and resilience of our first responders: The Public Safety Wellness Program. This program is specifically designed for our Police and Fire Department Personnel - those who selflessly serve our community every day. We created this program in 2023 as an extra layer of support, recognizing the unique physical and emotional challenges that come with these critical roles, to help ensure every first responder has the resources they need to thrive - on and off duty.

The current Wellness Coordinator for the Public Safety Wellness Program is Bryan Mokrisky, a former first responder for the Town of Stoughton. Before beginning his new career as the Public Safety Wellness Coordinator, Bryan served as a Stoughton police patrolman, SWAT operator, Military police officer, and corrections officer. Drawing from his personal experiences during his 11 years of service, Bryan's goal for the program is to provide tools, resources, and activities to support a healthier and better life for our first responder's.

The Public Safety Wellness Program strives to show each first responder in the Town of Stoughton that they are as valuable to themselves, as they are to the citizens they serve. Asking for support can be tough, but there are people in your corner waiting to help you.

The Public Safety Wellness Program Office is located on the bottom level of Town Hall, next to the Stoughton Credit Union.

Bryan Mokrisky - 781-815-7952
bmokrisky@stoughton-ma.gov



MISSION STATEMENT

The Stoughton Public Safety Health and Wellness Program's purpose is to support the Stoughton First Responders who serve us night and day, 365 days a year. The Health and Wellness Program and its efforts are committed to helping protect these heroes as they so properly deserve. Through using proactive approaches such as individualized support, physical exercise opportunities, and health and wellness initiatives. Through continual education and support, we will strengthen and encourage members to continue to develop and grow in both their professional and personal lives.

WHO WE REPRESENT

The Town Of Stoughton Massachusetts is a community located 30 minutes outside of Boston Massachusetts with a community of approximately 30,000 residents. The Stoughton Fire Department employs around 66 Firefighters who are additionally certified Paramedics. The Stoughton Police Department employs around 60 sworn police officers. The Stoughton MA Police Department is also an accredited department with the Massachusetts Police Accreditation Program. Both these departments work diligently providing the highest standard of service to the residents on a daily basis.

“YOU MATTER, LIVE WELL”

(781) 815-7952

BMokrisky@stoughton-ma.gov

10 Pearl St. Stoughton, MA 02072

Stoughton.org/1738/Public-Safety-Wellness-Program

