

Stoughton HR

Employee Newsletter

Quarterly Newsletter

Newsletter Highlights

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New Benefit Spotlight: ImpaxRX

We are excited to offer a new benefit to our employees participating in our Town's insurance plans, ImpaxRX - Medication Under Management (MUM)!

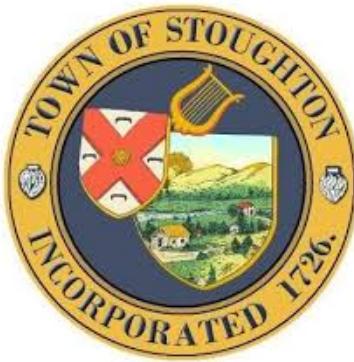
If you or other family members have been prescribed any High-Cost medications an ImpaxRX MUM program advocate will reach out to you to determine if you qualify to receive your High-Cost Medications at NO COST to you.

Here are a few examples of high-cost medications that are covered under the MUM program; Taltz, Dupixent, Stelara.

ImpaxRXTM is your advocate for No-Cost Prescription benefits.

The Town of Stoughton Human Resources Department is thrilled to add another free benefit for our insured to utilize. Please reach out to us with any questions!

– Your HR Team





ImpaxRX™



How Can I Get My High Cost Medications FREE?

We Can Help
You Qualify

Town of Stoughton's participation in the ImpaxRX™ Medications Under Management™ (MUM™) delivers **NO-COST Prescriptions** for you!

If you or other family members have been prescribed any High-Cost medications an ImpaxRX™ MUM™ program advocate will reach out to you to determine if you qualify to receive your High-Cost Medications at NO COST to you. Here are a few examples of high-cost medications that are covered under the MUM™ program; **Taltz, Dupixent, Stelara**.

ImpaxRX™ is your advocate for No-Cost Prescription benefits.

ImpaxRX™ can dramatically reduce high-cost specialty medication expenses incurred for you and your family using MUM™.

MUM

Medication Under Management

Get Ready for
ImpaxRX™ Now

Time is of the essence to enroll in the ImpaxRX™ program and receive these **NO-COST** benefits without interruption now.

When you are contacted by an ImpaxRX™ Advocate please be ready to answer a few simple questions to determine if your High-Cost prescription medication qualifies you for program savings. Then we enroll you in the MUM™ program so you can start receiving your medications uninterrupted directly delivered to your home or local pharmacy.

The ImpaxRX™ MUM™ program is here for you and your family!

Winter Calendar

Town Hall Holiday Celebration

Holiday Hat Exchange - 9:00am

All Town Hall Employees are invited to bring a Christmas themed hat, hidden inside a bag, for the Holiday Hat Exchange. All the bags will be set out on a table and each person will get to pick one at random. Whatever hat you choose, you wear for the day! It's a fun way to spread some Holiday Cheer!

Please bring in your hats and Yankee Swap gifts in by Friday Dec. 19th and drop them off in Gilda's office. All Holiday Festivities will take place on Monday December 22nd in the Great Hall on the third floor.

Yankee Swap & Pizza - 12:00pm

Continue the Holiday Fun by participating in our Yankee Swap! For everyone who would like to participate, please bring in a wrapped gift valued at \$15.00. Numbers will be drawn out of a hat and gifts will be picked in consecutive order. After the Yankee Swap, enjoy a pizza and salad lunch! Please let Gilda know by Dec. 10th if you are participating to get a final head count!

SHS Carolers - 2:15pm

End the day of festivities by enjoying the caroling performance by the Stoughton High School Choir. They will be joining us in the Great Hall on the third floor.

Holiday Parade of Lights

The 2025 Holiday Parade of Lights is scheduled for Saturday December 13th at 5:00 pm. The parade will go from Pearl Street, through the Town Center, and down Park Street.



SHS Caroling Around Town



On Monday, December 22nd, the Stoughton High School Choir will be Caroling Around Town. For Town Hall Employees, the SHS Choir will be in the Great Hall, on the 3rd floor, at 2:15pm. The schedule for the day is outlined below. We look forward to seeing their performance!

8:45 am	9:30 am	10:30 am	12:15 am	1:00 pm	2:15 pm
Dawe Elementary School	Jones School/ Central Office	Stoughton Public Library	Stoughton Senior Center	O'Donnell Middle School	Stoughton Town Hall
Pine Street	137 Walnut Street	84 Park Street	110 Rockland Street	211 Cushing Street	10 Pearl Street

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

[Library Calendar](#)



[Recreation Calendar](#)

A Message From Our Town Manager

As you know, we are in the final stages of the Stoughton Train Depot's transformation into a first-class function hall. It was my intent to host a holiday celebration there in mid-January, but due to supply chain challenges on the windows, project completion was pushed back.

As a result, I've come up with a different plan to celebrate our entire valued workforce: I am scheduling a Spring Fling event for all municipal employees. This event will replace the winter holiday party. I am certain that the community center will be complete and fully functional by springtime. The event is tentatively scheduled for the first Friday after Town Meeting starts, beginning at noon and ending at 5:00 PM. More details will follow; please save the date.

In order to celebrate the holiday season, each location is welcome to conduct its own event.

Thank you,
Tom Calter



MAIL A LETTER TO SANTA

The Recreation Department is spreading holiday cheer by helping kids send their letters to Santa!

All letters must have a clear name and return address on them and be dropped off to the Rec Dept. no later than Friday December 12th. Santa will mail a letter back before Christmas!



Cheers to Retirement!

Jim Campbell -
October 3, 2025
Thank you for 38 Years!

Theresa Cardoso
November 30, 2025
Thank you for 32 Years!

Anniversaries

5 Years -
Roberta Harback
10 Years -
Paul McCafferty
Teresa Marques-Doloff
Laurence Langlois
20 Years -
Brian Harkins

Celebrations This Quarter

Hanukkah - 12/14-12/22
Christmas - 12/25
Kwanzaa - 12/26-1/1
New Year's Day 1/1
MLK Jr. Day - 1/19
February - Black History Month
Valentines Day - 2/14
Presidents Day - 2/16

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

[Library Calendar](#)



[Recreation Calendar](#)

300th Anniversary Kick-Off

Celebrate Stoughton's 300th Anniversary in 2026!

Join us on Saturday, January 10, 2026, from 11 AM – 2 PM at Stoughton High School as we kick off a year-long celebration honoring 300 years of history, community, and pride! Enjoy a day filled with free fun activities, entertainment, and excitement for all ages—this is just the beginning of a memorable year that will bring our town together.

Get Involved!

Be part of history and help make this milestone celebration unforgettable.
Volunteer with us and share in the excitement!



COMMEMORATIVE POLE BANNER PROGRAM

Be part of local history with your very own commemorative banner.



Your personalized banner will proudly hang on a Stoughton street pole throughout the 2026 celebration year—showcasing your support and connection to our community during this once-in-a-lifetime event.

www.stoughtonma300.org

Stoughton 300th Committee

To stay current on all of Stoughton's 300th Anniversary celebrations throughout the year, visit the Stoughton 300th Committee's website at www.stoughtonma300.org and check their Facebook page!



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



Lasting Weight Loss Solutions Personalized For You!



A scientifically proven, sustainable lifestyle solution that includes:

- ✓ Access to \$0 copay medications that help you lose weight
- ✓ Support on your weight loss journey with a personal Health & Well-being Coach
- ✓ Nutritional guidance and healthy eating options that fit you
- ✓ Free, connected weight scale and app to help you track and manage your goals (a \$250 value)
- ✓ Reminders and ongoing encouragement to keep you on track and minimize weight re-gain
- ✓ Pharmacist support to guide safe and appropriate medication options for you to discuss with your doctor

The Good Health Gateway® Healthy Weight Program is a free benefit that allows participants to get up to 12 free fills of Wegovy® or Zepbound® along with personalized support to achieve and maintain a healthy weight. You and your family members ages 18 and over who are enrolled in an active Town of Stoughton health plan are eligible to join the program at any time if your healthcare provider has determined you have a weight-related health condition such as obesity.



To enroll, download the FREE **GHG Healthy Weight** app from Google

Play or the App Store. You will need to answer some questions in the app and talk to your doctor to determine if this benefit is right for you.

Participation is voluntary and confidential.

Call **Good Health Gateway** Member Services

at **800.643.8028** if you have questions.

Google Play App Store



HealthWallet

Download the HealthWallet App to simplify managing your benefits!

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. You can also 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.

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.



Type in get.thehealthwallet.com in your browser on your phone

Download the app that the above web address brings you to

Open "The HealthWallet App"

To log in, select one of the following options: Member ID, Email, Phone Number, or SSN.

Access your HealthWallet Services & Features.

If you need assistance with the HealthWallet app please call us at

1-866-918-7735 or email us at support@thehealthwallet.com.

EARLY DETECTION MADE BETTER

Finally. A comfortable,
stress-free Breast Exam.



Town of
STOUGHTON
MASSACHUSETTS



Schedule your on-site Bexa
Breast Exam today at NO COST

WHEN: December 11th



**SCAN/CLICK HERE
FOR SCHEDULING, LOCATIONS
AND INFORMATION**
<https://exams.mybexa.com/en/townofstoughton>

ELIGIBILITY: All employees 30+ on the medical plan are eligible for one Bexa Breast Exam in 2025 at NO COST.

The Town of Stoughton has partnered with Bexa to bring early detection breast exams onsite at NO COST to you. Bexa is a painless (NO squeeze; if you know, you know), accurate, and radiation-free breast exam. It is safe and available to women of all ages. All employees 30+ on the medical plan are eligible for a Bexa breast exam in 2025 at NO COST.

Bexa will be at the Stoughton Town Hall on Thursday December 11th in the second floor Nurse's Office. Scheduling is on a first come, first serve basis. **If all spots are filled, please click the link below the calendar or email membersupport@mybexa.com to share your interest and be entered onto the waitlist.** Book your appointment: <https://exams.mybexa.com/en/townofstoughton>

Why Choose the Bexa Breast Exam?

Convenient: Takes less than 30 minutes on the comfort of a heated massage table!

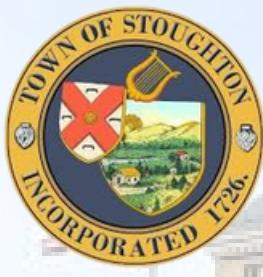
Painless: No compression or squeeze

Radiation-Free: Safe for all ages including women under 40, and those who are pregnant or breastfeeding.

Immediate Results: The Bexa examiner will discuss your results with you, and you'll receive an exam report. The Exam also includes an ultrasound if needed at NO COST to you.

Accuracy: A highly accurate exam for all women, including women with dense breast tissue.

Women Love It: 99% of women who have a Bexa breast Exam say they'd choose it again and would refer Bexa to a coworker. See what women are saying about the Bexa Breast Exam [here](#). Had your mammogram? You can still have a Bexa Breast Exam.



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.

Susie's Pumpkin Gooey Butter Cake

Method:

1. Preheat oven to 350.
2. To make the cake: Combine all of the ingredients and mix well.
3. Pat batter into a lightly greased 13x9-inch baking pan with hands into an even layer.
4. Prepare filling.
5. To make the filling: In a large bowl, beat the cream cheese and pumpkin until smooth.
6. Add the eggs, vanilla, and butter, and beat together.
7. Next, add the powdered sugar, cinnamon, nutmeg, and mix well.
8. Spread pumpkin mixture over cake batter and bake for 40 to 50 minutes.
9. Make sure not to over bake as the center should be a little gooey.
10. Serve with fresh whipped cream or cinnamon-flavored ice cream.

Ingredients:

Cake:

- 1 - Box of yellow cake mix
- 1 - Egg
- 8 Tablespoons of butter, melted

Filling:

- 1 - 8 oz. package cream cheese, softened
- 1 - 15 oz. can of pumpkin
- 3 Eggs
- 1 Teaspoon vanilla
- 8 Tablespoons of butter, melted
- 1 - 16 oz. box of powdered sugar



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

