

Summer 2025

Stoughton HR

Employee Newsletter

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Quarterly Newsletter

Welcome to the first issue of the Stoughton Human Resources Employee Newsletter!

We're excited to introduce our HR Quarterly Employee Newsletter - your new resource for the latest updates, tools, and insights from the Human Resources Department. Whether you're looking for policy updates, wellness tips, training opportunities, or upcoming town events to stay engaged with the community, this newsletter is designed to keep you informed and connected.

Each issue will feature different topics relative to what's happening in our town offices and in our community each quarter, along with helpful tips and information regarding all things HR. We're always here if you have questions, ideas, or just want to stop in to say hi.

– Your HR Team





Summer Calendar



Celebrations This Quarter:

Pride Month - June

Flag Day - June 14th

Father's Day - June 15th

Juneteenth - June 19th

Independence Day - July 4th

The Stoughton Juneteenth Committee presents Juneteenth 2025, a day of recognition for forgotten female veterans. This is a free event that takes place at the Stoughton High School, 232 Pearl St. Stoughton, MA 02072, from 11:30AM - 1:30PM. There will be local vendors, music, games and more! Come out for an afternoon of fun and help celebrate a day of freedom and honor to our forgotten female veterans. Thank you to the Juneteenth Committee and the Stoughton Equal Opportunity Committee (SEOC) for organizing this event for our community.

TOWN EVENTS:

[Library
Calendar](#)



[Recreation
Calendar](#)

The Town of Stoughton Presents

JUNETEENTH 2025

A Day of Recognition:
Forgotten Female Veterans

Courage Under Fire:
Andrea Gayle-Bennett DMSc, PA-C
Deputy Secretary of the Executive Office of Veterans' Services


Stoughton High School
232 Pearl St, Stoughton, MA 02072
June 19th, 2025 • 11:00 AM - 1:30 PM

Interactive programs:

- Mind, Body, and Service Sessions
- X-CLUSIVE Step Dancers
- Gaming for teens/tweens
- Youth Olympics
- Stoughton High School's Jazz Combo
- Brockton High School's JROTC Color Guard
- The Mean River Blues Band
- Local Vendors

Event attendance is **free** and all are welcome!

Presented by the Juneteenth Committee:
Debra Roberts, Chair • Bettye Sabree, Vice Chair
Christine Iacobucci • Janet Crimmins • Teresa Dolloff
Michael Hardman • Pat Yanikoski • Sharon Johnson • Brian Turner
Stoughton Equal Opportunity Committee Members (SEOC)



This program is funded in part by a grant from the Stoughton Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

**FIREWORKS JULY 1ST -
MORE INFO COMING SOON!**

JULY 4TH PARADE

FRIDAY,
JULY 4TH 2025
10 AM - TOWN CENTER

FLOAT REGISTRATION
OPEN NOW!

**July 4th
Parade Route
2025**

START: 150 Pearl St, goes southeast on Pearl St, northbound onto Washington St, right turn onto Park St, ends at 318 Park St

FINISH: 318 Park St

WWW.STOUGHTONREC.ORG

Mark your calendars for the July 4th Parade and Fireworks! Fireworks will take place on Tuesday, July 1st. The parade will be held on Friday, July 4th at 10:00AM in the Town Center.

HR CORNER

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](#)

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 with maintenance/monthly prescriptions. 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



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 Just a Click Away

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

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



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

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



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



Planning Ahead



FY26 INSURANCE RATES



PLANS		Employee Share Bi-Weekly	Employee Share Monthly
Health Plans, Inc.	Single Family	\$157.34 \$420.46	\$340.91 \$911.00
Altus Dental - Low Plan	Single 2 Person Family	\$20.35 \$37.77 \$64.27	\$44.09 \$81.84 \$139.25
Altus Dental - High Plan	Single 2 Person Family	\$22.17 \$40.73 \$65.92	\$48.04 \$88.25 \$142.83
Altus Vision	Single Employee & Spouse Employee & Child Family	\$2.83 \$5.67 \$7.27 \$11.12	\$6.13 \$12.29 \$15.75 \$24.09
Aetna Medicare Advantage Plan	Individual		172.61



Tip Of The Season

Stay Hydrated This Summer: Why It Matters & Easy Tips to Keep Cool

As temperatures rise, staying hydrated becomes more important than ever. Water plays a key role in regulating body temperature, supporting energy levels, and keeping skin healthy. Dehydration can lead to fatigue, headaches, dizziness, and even more serious health issues.

Quick Tips:

- Drink Consistently
- Carry a Reusable Water Bottle
- Limit Caffeine & Alcohol
- Eat Water-Rich Foods (oranges, cucumbers, watermelon)
- Add a Splash of Flavor

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!



Happy Anniversary

5 YEAR ANNIVERSARY

Jacob Scanlan - June 1, 2020
Brandon Lima - June 1, 2020
Tiani Paula - August 3, 2020
Matthew Rodenbush - August 12, 2020

20 YEAR ANNIVERSARY

Wesley Morgan June 1, 2005
Stephen DiGloria August 8, 2005

Old Colony YMCA

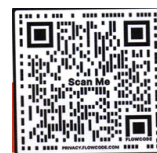


Town employees receive 2 months FREE, with NO joiner's fee when you sign up for an ongoing membership at Old Colony Y.

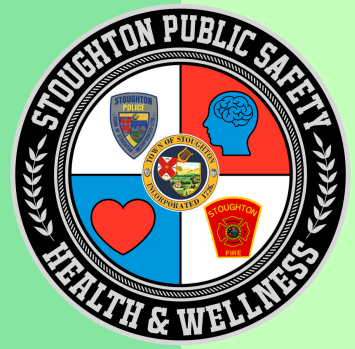
MEMBERSHIP BENEFITS INCLUDE

- 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

Scan here to get started



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 responders.

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

TOWN OF STOUGHTON PUBLIC SAFETY WELLNESS PROGRAM



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](https://stoughton.org/1738/Public-Safety-Wellness-Program)



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

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](#)



Bryan's Chipotle Chicken Over Rice And Veggies

- Small Can of EMBASA Chipotle Peppers in Adobo Sauce
- Jar of Salsa (I prefer the Mrs. Renfro brand)
- Small Can of Chopped Green Chiles
- 5 lbs. of Skinless Chicken Breast
- Little Leaf Farms Crispy Green Leaf
- Guacamole (store bought or homemade)
- Cholula Hot Sauce

COOKING: Place the chicken in the crock pot first, then add each ingredient listed. Two options on how to cook. LOW for about 5 hours, and HIGH for about 2-3 hours. Each crock pot may cook faster or slower. Best option to check if chicken is cooked is a meat thermometer. I aim for around 185 degrees. This is higher than the needed temp of 165 for safety/ health purposes, but the higher temp will break down the chicken even further to turn it into more of a shredded chicken dish.

TIP: Evenly distribute liquid ingredients amongst chicken breast for even cooking. Also, I move the chicken about every hour on either cooking temp. This allows for the chicken to get even heat and to not leave anything undercooked, or over cooked. (outside walls cook faster than middle of crock)

SERVING/ ENJOYING: I serve this chicken over a bed of JASMINE RICE (1-2 cups). I sauté up some WHITE ONIONS and GREEN PEPPERS with a little olive oil and top the chicken and rice with those. Then to top it all off I put about 2-3 TABLESPOONS of guacamole right on top and spread that evenly. After that I shred up some of the CRISPY GREEN LEAF and layer it over the guacamole. To top the dish off, I prefer CHOLULA HOT SAUCE (original) and TABASCO (green pepper).

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

