



# THE NEXUS

*The Sharon Men's Club Newsletter*

Sharon, Massachusetts

February 2024

Vol. 31 Issue 8

Contact us: [sharonmensclub@gmail.com](mailto:sharonmensclub@gmail.com)

Online: [www.sharonmensclub.org](http://www.sharonmensclub.org)

## We're at Mid Winter: Here Are Some Ways You Can Make the Most of It

### COMING THIS MONTH IN OUR SPEAKER SERIES:

**Feb. 6: FAMOUS MONTHLY BREAKFAST** at the Community Center at 10 a.m. No regular Club meeting this week. You must reserve in advance. Please bring your check for \$10 pp, made out to Sharon Men's Club.



**Feb. 13: Trivia Contest.** Once again, club members will be competing in a knock-down, drag-out trivia contest, good training for those of you who aspire to go on Jeopardy! Swell prizes will be given to the winning team.

**Feb. 20: Charles River Museum of Industry & Innovation.** Learn about the fascinating ways this museum educates people about America's industrial history and encourages and inspires future innovation.

**Feb. 27: Essentials of Caregiving.** You will gain insight on how to navigate the challenges as you and your loved ones begin the journey of caregiving or care receiving. The speaker is AARP volunteer Theresa Chaklos.

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## ABOUT US: Our Officers and Committees

**President:** Steve Lechter (781) 784-2595; **Vice President,** Ralph Jacobs (781) 367-9731

**Secretary:** Norman Ainbinder, (781) 963-3220; **Asst. Secretary:** Ed Rubin (617) 285-4991

**Treasurer:** Carl Frank (774) 315-8258; **Asst. Treasurer** Harvey Levine (781) 986-5231

**Member-At-Large:** Ira Abramson **Parliamentarian:** Harvey Spack **Past President:** Jeff Shapiro

**Glad & Sad:** Harvey Tobolsky (781) 784-7967; Warren Anastasia (617) 699-8972 [w.anastasia@comcast.net](mailto:w.anastasia@comcast.net)

**Membership Committee:** Harvey Janson, 508-583-2260; Phil Rosen, 508-230-3599

**Program Committee:** Bob Soffer, **Chair;** Steve Cohn, Phil Rosen.



**Travel/Entertainment:** Al Bruno (617) 697-0550; Ira Abramson, Jeff Stohn, Steve Ginsberg, Philip Levine

**Phone Squad:** Ralph Jacobs, **Chair** (781) 367-9731; **Historian:** Dan Liberman

**Raffles:** Gerry Epstein, Aaron Kischel, Jerry Lemkin

**Website:** [thesharonmensclub.org](http://thesharonmensclub.org). Website Mgr: Dan Liberman; Asst. Website Mgr.: Skip Russell

**President Emeritus:** David Berger; **Editor Emeritus:** Abe Gamzon z"l; Former Editor: Harris Cohen; **Membership Chairman Emeritus,** Bud Adler z"l.

**The NEXUS:** Ken Siegal, **Editor:** email: [sharonmensclub@gmail.com](mailto:sharonmensclub@gmail.com).

Photos: Steve Grossman

# GLAD & SAD



If you know of a club member or a member of his family who has a special occasion, or has become ill, or the death of a club member, or a member of his family, please contact: **Harvey Tobolsky** directly at **(781) 784-7967**, or **Warren Anastasia** at [w.anastasia@comcast.net](mailto:w.anastasia@comcast.net).



Harvey and Warren are in charge of sending a Get Well or Condolence Card to the member or his family, and also send a charity donation in memory of a Men's Club member's passing.

## Our Congratulations to:

- **Norman and Rena Leafer**, who will celebrate their 67th wedding anniversary on Feb. 3.
- **Stephen Kafka**, whose daughter, Allison, was married to Nick Pereskivis on Saturday, Jan. 27.
- **Dan Lieberman's** wife, Helen, was in the hospital recovering from pneumonia.

## Other Glad and Sad:

- **Harvey Tobolsky** was at Beth Israel Deaconess Hospital Needham for observation and running some tests. He was having dizzy spells.
- **Fred and Lynda Appel's** grandson Evan Appel, has made the Varsity Hockey team at Fairfield CT, Warde /Ludlowe High School. On Saturday 12/23 he scored his first goal.
- We received an acknowledgement and thank you from the family of **John Kell** for our donation to the Jewish Family and Children's Services in his memory.



## PRESIDENT'S MESSAGE

I hope 2024 is a happy, healthy and successful year for everyone. Spring is really not that far away. I want to thank everyone for their continued support of all the meetings, programs and activities of our club. Be well and stay safe.

**STEVE LECHTER**

## BIRTHDAYS THIS MONTH:

Feb. 4: Steve Ostrer	Feb. 20: Dana Miller
Feb. 9: Dave Hyman, Steve Hyman, Steve Ginsberg, Mark Gladstone	Feb. 22: Richard Slotnick
Feb. 10: Michael Shain, Brian Butler	Feb. 23: Marvin Dill
Feb. 11: Steve Grossman	Feb. 24: Salvy Triolo
Feb. 12: Barry Goverman	Feb. 26: Robert Corman
Feb. 13: Steve Lechter	Feb. 27: David Dovner, Ed Rubin
Feb.15: Philip Levine, Bob Parker	Feb. 28: Jeffrey Shapiro, Don Williams

# MEMBERSHIP UPDATE:

**ABOUT THOSE DUES:** Happy New Year, welcome to 2024, and welcome to another year of activities, learning and fun. All **YOU** need to do to continue your membership is to bring a check for \$25, made out to **Sharon Men's Club**, and hand it over to **Carl Frank**, our treasurer, or **Harvey Levine**, our assistant treasurer, at our next meeting. Don't put it off, or we'll end up nagging you, and nobody wants that.



For all of you early birds, we offer easy credit terms – pay 100% in advance and we'll credit you with another year's membership. What could be easier than that?

If you know a candidate you'd like to propose for membership, please contact **Harvey Janson** at [judyandharvey@comcast.net](mailto:judyandharvey@comcast.net) or **Phil Rosen** at [monaphil@aol.com](mailto:monaphil@aol.com) for an application form to send to the candidate.

## CLUB NOTES

**NEW!!! BOOK CLUB.** We are creating a new book discussion group which will meet the second Tuesday of each month in the Sharon Community Center immediately after the Men's Club meeting. At each meeting we will discuss one preselected book, led by one of the group members. We will also select books for future meetings and a discussion leader for each.

Our first meeting will be on Tuesday, Feb. 13 at approximately 10:15 am. Our discussion book will be **The Beirut Protocol** by Joel C. Rosenberg. All SMC members are welcome. If you would like to join the group, please contact Andy Klassman at [andyhopek@comcast.net](mailto:andyhopek@comcast.net)

## CHARITY COMMITTEE:



As we trudge through the cold and difficult weather of winter, your donations of non-perishable food are particularly important to support efforts to combat food insecurity for families in Sharon and surrounding towns. Members of the Sharon Men's Club are supporting the Food Pantry at the First Congregational Church of Sharon and the Family Table of the Jewish Family and Children's services (JF&CS).

Help our two charities by bringing non-perishable foods, personal care toilet items, (toothbrushes, toothpaste, soap), household items, and

laundry detergent to upcoming meetings. Please donate them in the bags or containers at the rear of the meeting hall on Tuesday. You may also contribute. We also support cash donations via check. Please make out your check to either:



**First Congregational Church of Sharon** (put 'Food Pantry' on the memo line of the check)

or **Jewish Family & Children's Services** ('Family Table' on the memo line).

Please bring to our Tuesday meeting and we will forward your check to the charity. Please contact Andy Klassman at [andyhopek@comcast.net](mailto:andyhopek@comcast.net) with suggestions and recommendations.

## FAMOUS MONTHLY BREAKFAST UPDATES:

Our next **Famous Monthly Breakfast** will be held on Tuesday, **Feb. 6**. You must reserve in advance – no walk-ins can be accommodated. Bring your check for \$10 to the next Club meeting, made out to **Sharon Men's Club**. Checks may also be mailed to our treasurer, **Carl Frank**, 19 Pheasant Wood Rd., Sharon MA 02067-1036

**NEW:** Members who have joined the club since 2020 are entitled to a **complimentary breakfast**, as part of new member benefits. You must, however, contact Treasurer **Carl Frank** if you wish to attend (or there may not be enough food for you!)

**BREAKFAST BRIGADE WANTED:** Our **Famous Monthly Breakfast Crew** could use a little more help cleaning up afterward. After our chefs finish preparing and serving the food, we'd really love to have some more volunteers to pitch in and clear the tables, wash the utensils, dispose of the leftover food, and leave the place clean enough so you'd like to eat. Please contact **Peter Bickoff** at the meetings or email him at [pbccb@aol.com](mailto:pbccb@aol.com).



**START EACH DAY WITH THE SHARON MEN'S CLUB:** How can you do that? It's easy, just pick up your very own limited-edition SMC mug for your morning coffee or tea. For only \$10, available at our meetings, you can kickstart your day in style

## DAY TRIP COMMITTEE

Want to help plan new Day Trips? Our new committee is working to revive Day Trips, which used to be a large part of the Club's activities. If

interested in working on this committee, contact: **Dan Liberman** at [dfliberman@gmail.com](mailto:dfliberman@gmail.com)

## SMC BRANDED SHIRTS & HATS

**LOGO HATS HAVE ARRIVED!** If you want one (or need one), they are \$20 each. See **Barry Fireman** at the club meetings. We now have SMC branded short sleeve polo shirts available in Large, and some long sleeve pocketed polo shirts in Large. See Barry Fireman at the meetings, or call him at 781-248-4736.

## Want to learn more about February?

### (Holidays to look forward to this month)

Groundhog day, Nat'l Wear Red Day, Grammy Awards, World Cancer Day, Nat'l Weatherpersons Day, Safer Internet Day, Lailatul Miraj, Nat'l Signing Day, World Read Aloud Day, Nat'l Pizza Day, Chinese New Year, Directors Guild of America Awards, Super Bowl LVIII, Lincoln's Birthday, Mardi Gras, Nat'l Cheddar Day, Shrove Tuesday, Ash Wednesday, Valentine's Day, DICE Awards, Presidents Day, Washington's Birthday, Nat'l Love Your Pet Day, Nat'l Margarita Day, Lailatul Barat SAG Awards, PGA Awards.

## HEALTH NOTES

**BLOOD PRESSURE & CHOLESTEROL CLINIC.** The Sharon town nurse normally checks blood pressure from 9 a.m. to 11 a.m. Tuesdays and Fridays at the Sharon town hall.



**PODIATRY CLINIC.** Thursday, Feb. 8 at 1 p.m. An appointment is required. **NO WALK-INS WILL BE ACCOMMODATED.** Please call the Adult Center at 781-784-8000 to book an appointment. There is a \$30 fee payable directly to Dr. McLaughlin.

## SPEAKER SERIES

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### **Feb. 20: Charles River Museum of Industry & Innovation.**

Learn about the fascinating ways the Charles River Museum of Industry & [https://www.youtube.com/watch?app=desktop&v=kkqYbbjeZ\\_8](https://www.youtube.com/watch?app=desktop&v=kkqYbbjeZ_8) Innovation in Waltham educates people about America's industrial history and encourages and inspires future innovation. The speaker will be Robert Atwood Perry, the Museum's Executive Director.

**Feb. 27: Essentials of Caregiving.** There are many challenges to caregiving and care receiving. This session provides a practical guide focused on how to put together a team and establish a care plan. You will gain insight on how to navigate the challenges as you and your loved ones begin the journey of caregiving or care receiving. The speaker is AARP volunteer, Theresa Chaklos.



**Leica Train followup:** At our Jan. 23 presentation on the **Leica Train**, there were technical issues with the video to be shown at the meeting. [Here's a link](#) if you wish to view that entire video.

## ENCORE FOR HITS AND MISSES:

We're reviving the popular choral group Hits and Misses and are looking for people who enjoy singing – no vocal training is necessary. Wives, friends, or significant others are welcome to join.

The group plans to rehearse once a week from May to September and then schedules about eight performances for nursing homes and the community during September and October. For more information, email [Ed Rubin](mailto:Ed.Rubin@sharonmensclub.com) or call him at **(617) 285-4991**



## SPORTS n' STUFF

**DISCUSSION GROUP:** Our open discussion group is up and running, and all are invited. Our sessions this month will be held on Feb. 9 and Feb. 23, from 8:30 -9:30 a.m., facilitated by our own Aaron Kischel, and will continue every other Friday (with adjustments for various calendar dates). Meetings will be in the lower level of the community center. All participants must sign the "Sharon Men's Club Discussion Group Pledge" available from our president Steve Lechter.



**PICKLEBALL:** Our pickleball group is welcoming players. Please contact Arnie Wallenstein at [awallenlaw@aol.com](mailto:awallenlaw@aol.com) for more information and to sign up.

**BIKER GANG:** Busy days for the Biker Gang! Not content to rest on their handlebars, some of us went to Landry's Bicycles in Westboro for bike maintenance classes, and we plan to be all tuned up for Spring riding. For details on joining our enthusiastic cycling group on their future bike rides, contact [Lew Victor](mailto:Lew.Victor@sharonmensclub.com) or [Neil Rosen](mailto:Neil.Rosen@sharonmensclub.com).

**POLAR BEAR BOCCE:** Come and join us for this unique sport – it's like regular Bocce, but **WAY COOLER!!!** We play through the winter, every Wednesday, year-round (weather permitting). Join us at 9 a.m. at the courts facing the Community Center -- no previous Bocce experience needed. Contact **Ken Siegal** at [sharonmensclub@gmail.com](mailto:sharonmensclub@gmail.com) for more information.

- **"INDOOR" BOCCE:** If OUTDOOR Bocce is canceled because of weather, you'll likely find an impromptu pool game going on inside the Senior Center, so there's no reason to stay home.



Polar  
Bear  
Bocce

**BOWLING:** Candlepin bowling is here to stay. A group of members is hitting the lanes in Norwood center every Thursday morning. Please contact **Jeff Stohn** at upcoming meetings or email him at [estohn@verizon.net](mailto:estohn@verizon.net) if you're interested.

**CANASTA** Get your game on. Weekly Canasta games are going great every Monday except holidays at 1 p.m. at the Sharon Community Center. Please contact Steve Bernstein at [steven.l.bernstein.18@gmail.com](mailto:steven.l.bernstein.18@gmail.com), or call 781-686-2489.



**CRIBBAGE:** Wednesdays at CareOne at Sharon (formerly Whitney Place), 675 S. Main St., Sharon. To register, contact **Steve Lechter** by email at [salechter\\_atty@hotmail.com](mailto:salechter_atty@hotmail.com) or by phone at 781-784-2595.

**GOLF:** They're taking a well earned break at the 19th hole, but will be back in the spring. The Group plays mostly at the Chemawa Golf Course in N. Attleboro, and also at the Ridder Farm Golf Course in East Bridgewater. Anyone wanting to join should contact Ira Abramson.

**INVESTMENT GROUP:** Regular, in person, monthly meetings of the Group are scheduled for the last Tuesday of the month. Meetings take place downstairs at the Community Center, after the regular Club meeting.



The buy-in price of our Investment Group portfolio in January was \$10,307 continuing to reflect the overall market trends. The monthly contribution by members is \$50. From time to time, if the price becomes excessively high, distributions are made to members. The last such distribution, amounting to \$4,590, was made in February 2020. Hybrid meetings are usually held, using Zoom as an added facility to the regular end-of month meeting of the Group. The current membership of the Group now numbers 28. New members are welcomed and no expertise in investing is needed. Non-members are welcome to join our meeting as observers.

For details, contact **Neil Nager** or **Mike Yawitch**.

**POOL:** We play immediately after weekly Club meetings in the pool room in the main level at the Community Center.

**WALKING GROUP:** Fall is upon us and a perfect time to commune with nature and your fellow Men's Club members. Please join the group for one of our upcoming strolls. Get out of the house for a friendly, socially distanced walk. It's good for your head as well as your health.



We meet year-round every Friday morning, weather permitting, at a prearranged outdoor location for a 3-5 mile walk. Lots of camaraderie. Contact **Andy Klassman** at [andyhopek@comcast.net](mailto:andyhopek@comcast.net), if you are interested. You'll be glad you did.



**WHIST:** We have had a great year at the **Bud Adler Whist Group**. The whist club is back at full strength again but we do have room for new people or people who want to learn the game or refresh your memory if you haven't played for a while. Join us for whist every Wednesday from 1 p.m. to 4 p.m. in the Sharon Adult Center on the first floor of the Community Center. If you have any questions, please contact **Ed Rubin** at [lindaandedrubin@gmail.com](mailto:lindaandedrubin@gmail.com) or call at 617-285-4991 for details.

## OUR VIEW FROM THE SHARON ADULT CENTER

Beth Caruso, Executive Director, Sharon Council on Aging & Adult Center:  
[bcaruso@townofsharon.org](mailto:bcaruso@townofsharon.org), Office (781) 784-8000

I have a quote by Harold Kushner on my bulletin board above my desk that states "When you are kind to others, it not only changes you, it changes the world." This is a good reminder that each of us can make a positive difference just by being kind. Watch your mail for the February 2024 issue of **The View** and read it carefully. In it I propose that February be thought of as the **month** of love. I invite each of you to share that love with kindness to, gratitude for, and appreciation of others. I hope you join in!

You can also read **The View** on the Council on Aging page on the Town of Sharon website...so snowbirds you will be in the know wherever you go! Be sure to sign up for those programs needing it; don't wait until the day before and assume you can come. We do not want you to miss out on any fun programs that the COA team have arranged for you!



A sampling of what is being offered is included below. If you have not come to the Adult Center in a while, please do so; winter is already halfway over so come in and learn something new. As always, if you need assistance, please call the Adult Center. Be Well and Be Happy!

Cheers,  
**BETH**

## UPCOMING PROGRAMS FROM THE ADULT CENTER

(Please note: All the programs listed below are run by the Adult Center, not the Men's Club, and you must contact the Center directly for information or to register).

**PRE-REGISTRATION IS REQUIRED** for all programs and activities as the number of attendees is limited. Please call the Adult Center at 781-784-7000 to register. If you do not pre-register, you may not be able to attend. Unless otherwise noted, all are welcome to attend. Check out *The View* for complete listings of scheduled programs. Note: programs and dates are subject to change, call Adult Center to confirm.

### **BAILEY THE COMFORT DOG**

TUESDAY | FEB. 6 | 1 PM

*Presented by: Norfolk County DA's Office & Bailey herself!*

Come by and pet Bailey, the Norfolk DA's certified Community Resource Dog! Learn about her function in the office and community and how her calming presence helps deescalate and calm those in high stress or vulnerable situations. Her job description entails working with child victims, attending community trainings with her handler, and participating in community events. Refreshments will be available.



### **THE BAKER CHOCOLATE COMPANY: A SWEET HISTORY**

WEDNESDAY | FEB. 7 | 10:45 AM

*Presented by: Anthony Sammarco, Historian and Author*

In 1765, Dr. James Baker of Dorchester stumbled upon Irishman John Hannon crying on the banks of the mighty Neponset River. Hannon, though penniless, possessed the rare skills required to create chocolate, a delicacy exclusive to Europe, and Baker, with pockets bursting, wished to make a name for himself. Using a mill powered

by the same river upon which they met, the duo built America's oldest and most beloved manufacturer of this rich treat. Local historian Anthony Sammarco details the delicious saga of Massachusetts's Baker Chocolate Company, from Hannon's mysterious disappearance and the famed La Belle Chocolatiere advertising campaign to cacao bean smuggling sparked by Revolutionary War blockades. Both bitter and sweet, this tale is sure to tickle your taste buds. Chocolates, tea, and coffee will be available to enjoy while you listen to the presentation!



### **MEMORY CAFE ON THE LAKE**

Monday | Feb. 12 | 2-3:30pm

Memory Cafes are designed for those with Alzheimer's or other cognitive impairments and their care partners to enjoy activities together in a safe, welcoming setting. We invite individuals and their family, friend or other caregiver to join us for a "Colors of Compassion" art workshop with Geeta Jakkuraju and paint a Mandala filled with love and care.

We are grateful to Brookmeadow at Blue Hills for co-sponsoring the Memory Café and providing the food to enjoy during the program. Please RSVP to the Adult Center, 781-784-8000.

### **LUNCH & LEARN: MEDICARE PART D EXPLAINED ...SORT OF**

TUESDAY | FEB. 13 | 12:30 PM

*Presented by: Eddie Martucci, RPh with The Big Y Walpole*

Join Pharmacist Eddie Martucci from the Big Y for this presentation about how Medicare D prescription pricing works and why some copays are zero and others are astronomical. You will learn how discount cards work and the cost to pharmacies and patients, and what to look for when



drug price shopping. Eddie will also be bringing various Big Y deli wraps and sides so you can have a light lunch while you learn! Please RSVP by February 5th so we have a head count for food.

### **HEART HEALTH CHAT**

WEDNESDAY | FEB. 14 | 10:45 AM

*Presented by: Leandra McLean, Sharon Public Health Nurse*



Let's talk about the language of the heart- and there isn't a better day to do it! We will go over heart disease and keeping your heart as healthy as possible! February is also American Heart Month, so come learn some ways to treat your heart well. Topics include how men and women differ, heart disease vs. cardiovascular disease, risk factors and ways to modify them, and heart healthy diet.

### **CREATE A WINTER SCENE**

TUESDAY | FEB, 27 | 1 PM

*Led by: Margaret Berges, Local Artist*

Follow along or go your own way to create a winter scene on canvas with acrylic. Painters of any level are welcome, as there will be both direct instruction and room to express your own creativity. All supplies will be provided. No fee, but space is limited and pre-registration is required.

### **SELF DEFENSE**

Tuesday | Feb. 27 | 9am – 11am

The Adult Center and Sharon Police Department are teaming up to offer a workshop based on the world's most effective Self-Defense System, known as Krav Maga. Everyone deserves to feel secure. That's why self-defense for seniors is such an important topic. As people age, their bodies may get slower and weaker, which can make them vulnerable to attacks by criminals. Fortunately, there are a variety of good tactics that older adults can learn to protect themselves. Sneakers and comfortable clothing to move in strongly recommended. Preregistration required 781-784-8000 - limited openings. This will be held at the Sharon Adult Center.



**LAKESIDE GALLERY:** "Generations", now through March 20 at the Senior Center. An exhibit showing art from different generations of the same family – 2, 3, 4, or even 5 generations of artists, ranging from young to experienced.

### **MOVIES, MOVIES, MOVIES!**

Upcoming movies: All movies start at 10:30 a.m. \$1 program fee required. Please pay at the Adult Center front desk.

## NYAD | FEB. 5

The remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida. Directors: Jimmy Chin, Elizabeth Chai Vasarhelyi; Writers: Julia Cox, Diana Nyad; Stars: Annette Bening, Jodie Foster, Anne Marie Kempf (2023 | PG13 | 2 hr. 1 min.)



## THE UNFORGIVABLE | FEB. 12



A woman is released from prison after serving a sentence for a violent crime and re-enters a society that refuses to forgive her past. Director: Nora Fingscheidt; Writers: Peter Craig, Hillary Seitz, Courtenay Miles; Stars: Sandra Bullock, Viola Davis, Vincent D'Onofrio (2021 | R | 1 hr. 52 min.)

## COMMUNITY NOTES:

**VOLUNTEERS NEEDED.** The Town of Sharon has taken in approximately 60 families as a part of Gov. Healy's Emergency Shelter Program. Families are temporarily staying in Sharon on their journey to independence, and our community has been supporting this effort.

While the State pays for transportation to medical and legal appointments there is an opportunity to become a volunteer driver to get families to interviews for work, to the YMCA for exercise, and to the laundromat to ensure everyone has clean clothes.

If you are interested in becoming an occasional driver, or you would like to help in other ways, such as collecting donations of clothing and toiletries, or contributing financially, please reach out to Meg Dussault, Assistant Superintendent of Sharon Public Schools, who is leading the task force that addresses these needs. Meg can be reached via email [mdussault@sharonschools.net](mailto:mdussault@sharonschools.net).

