

**NEW
PALTZ
SENIORS
SERVICES
DIRECTORY**

Provided by the Town of New
Paltz

**Cover page design
to be provided by
PDQ**

1st Edition Spring, 2015

Dear New Paltz Seniors,

As Supervisor of the Town of New Paltz and on behalf of the Town Board, we are delighted to share this new endeavor with you. Many of you have raised your families in our community and have volunteered your experience and time to make New Paltz a better place for all of us.

Upon returning to office as your Supervisor, it was important to me that we addressed the needs specific to Seniors in Town operations. While the Town offers a senior luncheon and funding for entertainment programs, we feel strongly about developing methods to communicate the availability of various resources and services to our Senior Community.

There are many groups, programs, resources and services in New Paltz and the surrounding area for Seniors. This directory was created with the purpose of providing a comprehensive, easy way to have those resources at your fingertips. The information provided includes such things as health care needs, learning opportunities, support services, recreation and more. You are a valuable and integral part of our community and it is our goal to enhance the quality of life for Seniors in the New Paltz area.

In 2013, we welcomed our first Senior Services Coordinator for the purposes of connecting the myriad of services available, creating fun and informative senior events, as well as to be a liaison for our senior community.

Again, thank you for being such an integral part of our community and know your Town government is here to serve you.

Sincerely,

Susan Zimet
Supervisor

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EMERGENCY NUMBERS & HOTLINES

Dial 911 on either a landline or your cell phone for all fire, police, and medical emergencies.

Electric/Gas emergencies contact:

Central Hudson Gas and Electric 845-452-2700
800-527-2714

Gas odors: 800-942-8274

Poison Control 800-222-1222

All of the above are available 24/7

Ulster County Crime Victims Assistance Crisis Hotline

845-340-3443 Mon-Fri 9:00 AM-5:00 PM
845-340-3442 nights, weekends & holidays

Medical Alert System 845-340-3456

Medical Alert devices enable a person living alone to have assurance that help is moments away. Device worn around the neck or on the wrist sends a signal to a central emergency response center.

YOUR EMERGENCY CONTACT INFO

Please use the space below to fill in your personal emergency contact numbers.

Next of kin:

Name: _____

Contact Info: _____

In Case of Emergency:

Name: _____

Contact Info: _____

Primary Physician:

Name: _____

Contact Info: _____

Caretaker: _____

Other: _____

Other: _____

HOSPITALS AND HEALTH SERVICES

These are the most local hospitals that serve this area.
Contact the hospitals directly to find out more.

Vassar Brothers Medical Center: 845-454-8500
45 Reade Place, Poughkeepsie, NY

**Mid-Hudson Regional Hospital of Westchester
Medical Center** (formerly St. Francis): 845-483-5000
241 North Road, Poughkeepsie, NY

Health Alliance-Mary's Campus: 845-338-0382
111 Mary's Avenue, Kingston, NY

Health Alliance-Broadway Campus 845-331-0092
396 Broadway, Kingston, NY

Northern Dutchess Hospital: 845-876-3001
6511 Springbrook Ave., Rhinebeck, NY

St. Luke's Cornwall Hospital: 845-561-4400
70 Dubois St., Newburgh, NY

ER 845-534-7711
19 Laurel Ave., Cornwall, NY

INSURANCE RESOURCES & WALK-IN CLINICS

Medicare: 800-633-4227

Medicare & Health Agent: 845-863-6844
Peter Rein, Licensed Agent

U.C. Office for the Aging: 845-340-3456
HIICAP Representative by Appt.

Emergency One Urgent Care: 845-338-5600
40 Hurley Ave., Kingston, NY
www.eonekingston.com

First Care Walk-In Med Center, Urgent Care:
222 Rt. 299, Highland, NY 845-691-DOCS
www.firstcaremedcenter.com

First Step/Benedictine Hospital: 845-334-2866
105 Mary's Avenue, Kingston, NY
Inpatient alcohol and substance abuse and
detoxification program

**Mid-Hudson Regional Hospital of Westchester
Medical Center - Turning Point:** 845-483-5511
241 North Road, Poughkeepsie, NY

HEALTH & RESOURCES INFORMATION

Medicare 800-633-4227

Medicare is a health insurance program for people 65 years of age and older. It also supports individuals with disabilities under the age of 65.

EPIC 800-332-3742

Elderly Pharmaceutical Coverage Program

EPIC is a New York State program that helps seniors pay for their prescription drugs by providing secondary coverage.

Alzheimer's Association 845-471-2655

For outside Ulster County... 800-872-0994

Family and patient support and information. Safe Return bracelets available.

Smoking Cessation/The Rose Women's Care

Service: Community Resource Ctr 845-637-7984

www.therosewomenscareservice.org/

Smoking Cessation/Amer. Cancer Soc.

866-784-8454

www.cancer.org/Healthy/StayAwayfromTobacco/index

Find out how to get coaching calls, access to a quit-coach, an online community, social support and more.

CARE MANAGEMENT

Hudson Valley Hospice 845-485-2273
Advanced Directives, end of life care, family support.

Speech/Hearing Ctr SUNY New Paltz 845-257-3600
Provides hearing and speech tests, assistive hearing devices at reduced rates.

Ulster County NY Connects 845-334-5307
U.C. Health Care Resources and Information. Connecting adults and disabled people of all ages to long term care options.

Mental Health Assoc. of Ulster Co. 845-339-9090
Care management for people experiencing mental illness.

Family of Woodstock 845-331-7080
Adult care management for people facing homelessness, immigration, and substance abuse issues.

Eldercare Locator 800-677-1116
Information about local agencies and organizations at Eldercare.gov

BenefitsCheckUp.org
Lists public and private programs for low income Medicare beneficiaries.

HOT LINES

911 For Emergencies

24 Hour CRISIS HOTLINE LOCAL: 845-338-2370
U.C.Crime Victims Assist Hotline 845-340-3442
New Paltz 845-255-8801
845-255-8807

DOMESTIC VIOLENCE SERVICES, LOCAL

Family of Woodstock 24 Hr Hotline 845-338-2370

DOMESTIC VIOLENCE HOTLINE: 800-942-6906

Ulster County Dept. Health Main # 845-340-3150

Division of Communicable Diseases 845-340-3090

POISON CONTROL CENTER 800-222-1222

SHELTERS - 24 Hour Hotline 845-338-2370

SUICIDE & CRISIS 24 Hr HOTLINE: 845-338-2370

New Paltz 845-255-8801

845-255-8807

VETERAN'S CRISIS HOTLINE: 800-823-9656

800-273-8255

INFORMATION & REFERRAL

What is 211?

2-1-1 is the national telephone dialing code for free access to health and human services Information and Referral (I&R), as supported by United Way. Simply pick up the phone, dial 2-1-1 and request information on health and human services available in the community. 2-1-1 is a confidential phone call and is available 24-hours/7 days a week.

2-1-1 can offer access to the following types of services:

- **Basic Human Needs Resources:** food banks, clothing closets, shelters, rent and utility assistance
- **Physical and Mental Health Resources:** health insurance programs, Medicaid and Medicare, maternal health, Children's Health Insurance Program, medical information lines, crisis intervention services, support groups, counseling, drug and alcohol intervention

HEALTH RELATED ORGANIZATIONS

American Cancer Society	845-452-2932
American Heart Association	845-485-4703
Alzheimer's Association	845-471-2655
Dept. of Health/Mental Services	845-340-3010
Family of New Paltz (Social Services Referrals)	845-255-8801
Mental Health Assoc. of Ulster (Information and referral for mental health issues)	845-331-9090
Tobacco Free Action Coalition of Ulster County	845-943-6070
Smoking cessation, education, media awareness and advocacy	
www.tobaccofreeactioncoalition.org/resources/reframe.html	

GENERAL SERVICES FOR SENIORS

Jewish Family Services

845-339-2890

Provides services to people to all faiths through counseling and psychotherapy to clients in their homes, assessments, caregivers support, and support groups for caregivers and grandparents raising grandchildren.

Additionally they have a volunteer program that offers telephone reassurance for seniors who live alone, or are ill and in need of a friendly caller.

Transportation and accompaniment is also available through this program.

Ulster County Office for the Aging

Kelly McMullen, MA – Director OFA

1003 Development Court

Kingston, NY 12401

845-340-3456 or Toll Free 1-877-914-3456

9:00 AM to 5:00 PM Mon-Fri

www.co.ulster.ny.us

An organization that assists seniors to be as independent as possible, for as long as possible. They work as aides and advocates for seniors, offering programs of a variety of services including Medicare Information, HIICAP information, legal information and counseling for health insurance related issues.

LOW VISION SERVICES

Mid-Hudson Valley Low Vision Network (MHLVN)

Wendy Buckler, NYS Commission for the Blind
and Visually Handicapped 914-993-5370

E-mail: wendybuckler@OCFS.State.NY.US

The Catholic Guild for the Blind 845-452-1400

Assoc.for the Visually Handicapped

845-574-4950

Ulster Cty Low Vision Optometrist 845-236-3341

Sam Schenker, 4 Western Ave., Marlboro, NY 12542

Lions Club Eye Institute 845-229-2618

Lions Clubs assist individuals to get annual eye exams and eye glasses.

Jewish Lighthouse for the Blind 212-821-9200

lighthouse.org 800-829-0500

Talking Prescriptions

Walgreens now offers free talking prescription labels in retail and mail order pharmacies.

<http://lflegal.com/2014/06/walgreens-talking/>

VETERANS SERVICES

Kingston VA Primary Care Outpatient Clinic

845-331-8322

63 Hurley Ave., Kingston, NY 12401

Daily transportation services are provided to County veterans to/from the Albany VA Hospital.

VA Outpatient/Primary Clinic

845-331-8322

324 Plaza Road, Kingston, NY 12401

Stratton VA Medical Center

518-626-5000

113 Holland Avenue, Albany, NY 12208

Daily transportation from Kingston to Medical Center in Albany. Call transportation coordinator for information and reservations.

Veterans Crisis Hotline

800-273-8255

HOMEOWNER & HOUSEHOLD ASSISTANCE

Home Energy Assistance Program 845-340-3006

The Home Energy Assistance Program (HEAP) provides help to pay heating bills for income eligible household. Applications are available in October/November each year. Grants provided on a first come, first service basis until the funds provided for each heating season run out. Those who received HEAP in the past year from the Office for the Aging will automatically receive a HEAP application for the present year.

Storm Water Hotline 845-339-8510

Call the County storm water hotline if you wish to report pollution discharges.

Weatherization Program 845-340-3006

WRAP offers a variety of services and resources to low income, vulnerable elderly to assist them in maintaining a safe, affordable, energy-efficient home. Applicants must be full time Ulster County residents over age 60 and responsible for their own heating costs.

Next Step Home – Move Specialists 845-594-5913

Specializing in senior transitions, organizing, downsizing and more.

INDEPENDENT HOUSING FOR SENIORS

Huguenot Park Apartments 845-255-2448

45 N. Chestnut St., New Paltz, NY 12561

Huguenot Park Apartments...Senior Community for 55 and older. Spacious one bedroom apartments, laundry facilities on property, private parking, community activities, community room, wonderful, quiet neighbor, next to rail trail. Convenient location, Loop bus pick up to shopping.

Vineyard Commons 914-610-3662

300 Vineyard Avenue, Highland, NY 12528

Vineyard Commons, the Luxury, Maintenance-Free Rental Community for Active Adults (55+).

Woodland Pond 845-256-1740

100 Woodland Pond Circle-Site 1, New Paltz, NY 12561

This is a continuing care retirement community that has 173 apartment homes and 24 private cottages.

The Fountains at Millbrook 845-677-8550

Independent Living at the Town Center

79 Flint Road, Millbrook, NY 12545

SUBSIDIZED & AFFORDABLE APTS

New Paltz Family Housing 914-347-3333

901 Meadowbrook Circle, New Paltz NY 12561

New Paltz Family Housing has 1 & 2 bedroom apartments. Income restrictions may apply. Please call for rates & info.

Senior Services at Meadowbrook Farm 845-255-5305

914 Meadowbrook Circle, New Paltz, NY 12561

Meadowbrook Farm is an independent living community which includes ownership or senior apartment rentals. Safe and easy-maintenance living for independent seniors who enjoy engaging in social activities with other seniors.

Yosman Towers in Kingston 845-338-2700

295 Broadway, Kingston, NY 12401

A H.U.D. Community, Section 8 and affordable housing apartments for seniors.

Section 8 Housing Low Income Seniors 561-416-5255

Housing Choice Vouchers Program 866-466-7328

The federal government's primary program to provide housing for those living in poverty, the elderly & disabled. Provides qualifying families with assistance of monthly rental for homes and apartments, located anywhere, not just subsidized housing projects. It is administered locally by municipal public housing agencies, which certify the tenants and residences for participation in the program.

2014GoSection8.com

NURSING & HOMEMAKING SERVICE PROVIDERS

Always There Family Home Care 845-339-6683

Bermac Home Aides 845-255-4200

Golden Care 845-691-9692

Golden Hill Healthcare Center 845-340-3390

Mountain View Nursing & Rehab 845-255-0830

Unlimited Care 845-331-0114

WillCare 845-331-5064

ASSISTED LIVING, NURSING CARE, ADULT HOME & REHAB FACILITIES

Woodland Pond

845-883-9800

100 Woodland Pond Circle, New Paltz, NY 12561

A continuing care retirement community. Independent living & assisted living. Studio & 1 bedroom suites with comprehensive services & care packages. Round the clock skilled nurses & transportation to appointments. Daily stimulating social, cultural & educational events. Specialized Memory Care program provides a secure environment for those with Alzheimer's & other forms of dementia. The specially trained staff addresses the needs of those who require care related to cognitive issues. Tastefully decorated rooms. Registered & licensed nursing staff with complete rehab services on-site. Podiatrists, Dentist & Medical Director complete the health care spectrum of services. Medicare certified. <http://www.hahv.org/woodlandpond/>

Woodland Commons

845-462-6636

3140 Route 209, Stone Ridge, NY 12484

Woodland Commons is an assisted living facility. Designed to focus on providing assistance with daily living activities. They provide a higher level of service for the elderly which can include preparing meals, housekeeping, medication assistance, laundry, and also regular check-ins on the residents.

Culinarians' Home Foundation 845-255-7010
71 Old Tschirky Road, New Paltz, NY 12561

Highland Assisted Living Center 855-344-4048
1 Grove Street, Highland, NY 12528
Assisted living facilities are an apartment-style habitat designed to focus on providing assistance with daily living activities. They provide a higher level of service for the elderly which can include preparing meals, housekeeping, medication assistance, laundry and also regular check-ins on the residents.

Valley Vista Adult Home & Assisted Living Program

141 North Road, Highland, NY 12528 845-605-1228
Valley Vista Adult Home and Assisted Living Program, provides the following services: Assisted Living, Continued Care Community and Alzheimer's Care.

Mountain View Nursing & Rehab 845-255-0830
1 Jansen Road, New Paltz, NY 12561

The Promenade at Middletown 845-605-5901
70 Fulton Street, Middletown, NY 10940

The Fountains at Millbrook 888-694-9683
79 Flint Road, Millbrook, NY 12545
Assisted Living at the Inn is based on preferences and desires.

ADULT DAY CARE CENTERS & IN HOME SERVICES

Social Model Centers: Day care services providing supervision and activities.

Always There Family Home Care 845-339-6683
918 Ulster Ave., Kingston, NY 12401

Multi-County Community Development
845-247-9110
11 Twin Maples Plaza, Saugerties, NY 12547

Medical Model Centers: Day care services providing medical monitoring, counseling therapy and activities.

Ten Broeck Commons 845-336-6666
One Commons Drive, Lake Katrine, NY 12449

SUPPORT GROUPS AND CARE GIVERS

Caregiver's Support Group

Weekly meeting (no fee), 11:30 a.m. - 12:45 p.m.

lindaraemock@aol.com

Community Center of New Paltz, 3 Veteran's Dr.

Facilitated by: Linda Mockler, LMSW, M.Ed

Workshops, speakers, films, support group.

Sponsored by: Jewish Family Services of Kingston
Ulster County Office for the Aging 845-338-2980

Caregiver Training

845-338-2980

Wednesday, 2:00-3:15pm

Place: JFS Offices, 280 Wall St., Kingston, NY 12401

Gardiner Library – Open for enrollment

Ellenville Hospital – open for enrollment

Alzheimer's Support Group

845-691-6623

Call Mary. Support group for caregivers of people with Alzheimer's and dementia, meet on

Thursdays 3:00pm at Village Hall. Share coping strategies with others in the same situation.

Useful for those dealing with all stages of dementia, or who have a family member being cared for by others.

ADDICTION, DEPENDENCIES & SUPPORT:

Al-Anon/Alateen Referral Line 845-339-5116
www.al-anon.alateen.org

Alcoholics Anonymous 845-331-6360
www.ny-aa.org

Debtors Anonymous 800-421-2383
www.debtorsanonymous.org

Gamblers Anonymous 518-292-0414
www.gamblersanonymous.org/ga

Over Eaters Anonymous, County Hotline
www.midhudsonoa.org 845-657-6603

Adults with Aphasia Support Group
845-257-3600

Bereaved Parent and Siblings 845-691-2111

Chronic Pain Support Group 845-255-5094

Diabetes Support Group 845-255-5094
845-338-2500 ext 4566

Divorce Support Group 845-255-2701

Parkinson Support Group 845-255-0614

Cancer Support Group 845-483-6394
845-339-2071

Jewish Family Services 845-339-2890

Provides services to people of all faiths through counseling and psychotherapy. Home services, assessments, caregivers support, & support groups for caregivers and grandparents raising grandchildren. As well as a volunteer program that offers telephone reassurance for seniors who live alone, or are ill and in need of a friendly caller. Transportation and accompaniment is also available through this program.

Mental Health Assoc. of Ulster County
845-339-9090

Provides support groups for parents and for people experiencing mental health issues.

FOOD ACCESSIBILITY

Local Food Pantries

Helping Hands Ministry Food Pantry

845-255-0190

St. Charles Boromeo Church

2212 Route 44/55, Gardiner, NY 12525

Family of New Paltz Food Pantry 845-255-8801

51 North Chestnut Street, New Paltz, NY 12561

St. Joseph's Catholic Church 845-255-5635

34 South Chestnut Street, New Paltz, NY 12561

Meals For Seniors (not pantries):

United Methodist Church 845-255-5210

1 Grove Street, New Paltz, NY 12561

Jewish Center of New Paltz 845-255-5016

Call Myra. Open once a month.

Congregate Meals from Office for the Aging

Available to Ulster County residents age 60 and

over. Enjoy social Thursdays from 12pm-1pm in

New Paltz, Town of New Paltz Community

Center. You must be registered prior to

attendance.

845-255-3631

Please note Office of Aging Guidelines:

Please call between 10am and 2pm the day before to RSVP. If you've reserved a meal and cannot attend, please call 24 hours in advance. There is no set cost, but suggested donation of \$3.00 per meal is requested to help defray cost of the program. Cash, checks or money orders are accepted. If you need general nutrition information or information about meeting needs of a special diet, please call our Registered Dietician at 845-340-3456.

Grocery Delivery

Shop Rite from Home of Montgomery

Grocery delivery, 7 days a week, right to your door for \$11.95 (Incl. \$5.00 service fee & \$6.95 delivery fee), \$5.00 service fee waived for orders over \$100.00. Visit www.ShopRite.com or call a Personal Shopper Team Leader at 845-457-1087.

PLACES OF WORSHIP

St. Andrews Episcopal Church	845-255-5098
Church of JC Latter Day Saints	845-256-9610
Jehovah's Witness	845-255-0037
Redeemer Lutheran Church	845-255-0051
N.P. United Methodist Church	845-255-5210
Church of the Nazarene	845-633-8127
Reformed Church	845-255-6340
N.P. Religious Society of Friends	845-255-5791
Jewish Congregation of New Paltz	845-255-9817
St. Joseph's Catholic Church	845-255-5635
Bahai of New Paltz	845-256-0491
Masjid Al Jihad al Akbar	845-561-5610
Presbyterian Church	845-691-8141

LEARNING OPPORTUNITIES

Lifetime Learning Inst. SUNY N.P. 845-257-SUNY
Membership in the Institute entitles you to a diverse array of courses every Fall and Spring, as well as scheduled special events.

Ulster County BOCES Adult Educ. 845-331-5050
Courses are offered at Highland and New Paltz campuses, as well as at other locations. Call for more information and to request a catalog.

L.I.F.E. Program-Mount St. Mary 845-562-2076
Learning is Forever Enriching Community Education Program. Courses for ages 55 and over at Desmond Campus, 6 Albany Post road, Newburgh, NY 12550. Courses include a Speaker Series, Exercise Classes, Art & Nature, Technology, and Day Trips. Call for more information and to request a catalog.

Senior Computer Learning Center 845-331-9360
Business Resource Center
Albany Ave., Kingston, NY 12401
The Senior Computer Learning Center provides a variety of computer classes for adults age 50 and over taught by volunteer seniors.

TRANSPORTATION

Dept. of Motor Vehicle Information Center

845-340-3700

Ulster County Area Transit (UCAT) 845-334-8458

888-827-8228

Call for a list of transportation options including public transportation, transportation for disabled, and Office for the Aging special services. All UCAT buses are wheelchair equipped. In an effort to better facilitate the transportation of our physically challenged passengers, we require all passengers who board via the wheelchair lift are asked to fill out a form. Call 845-340-3336 to receive a form.

Transportation Services

845-340-3333

Once a week subsidized transportation available for shopping. Medical transportation available by appointment, Monday through Friday. Call for more information and to schedule appointments.

Transportation Continued...

RSVP Transportation Program 845-339-2340

Transportation for medical appointments, shopping, help for homebound and preparing and delivering meals, friendly phone calls.

Referrals for community services & caregiver support. Seniors with physical disabilities or limitation without means for transportation may qualify for RSVP transportation services.

Appointments must be scheduled 7 to 10 business days in advance.

Paratransit Eligibility 845-334-8120

If you live within the County service area and are unable to use fixed route service due to a disability, you may apply for Paratransit Services.

PET SERVICES AND PRODUCTS

All Creature Veterinary Hospital

140 N. Chestnut Street, New Paltz, NY 12561

Compassion Veterinary Center of New Paltz

204 Plutarch Road, Highland, NY 12528

845-255-5920

Gardiner Animal Hospital

177 Main Street, Gardiner, NY 12525

845-255-1549

Natural Pet Center at Ireland Corners

608 Route 208, Gardiner, NY 12525

845-255 PETS (7387)

New Paltz Animal Hospital

230 Main Street, New Paltz, NY 12561

845-255-5055

Sue's Zoo

New Paltz Plaza, New Paltz, NY 12561

845-255-5797

LEGAL SERVICES

Legal Services of the Hudson Valley

845-331-9373 ext. 100

Consumer Affairs, District Attorney

380 Blvd, Kingston, NY 12401

845-340-3260

The Office for the Aging

This Office for the Aging provides counseling on civil matters including wills, landlord/tenant problems and powers of attorney

845-340-3456

Ulster County Bar Association

845-331-0969

Public Defender's Office

845-340-3232

NEW PALTZ GENERAL INFORMATION

Town Supervisor, Susan Zimet 845-255-0604

Assessor 845-255-0103

Highway Superintendent 845-255-5050

Justices:

Judge Katz 845-255-0041

Judge Bacon 845-255-0043

Zoning and Building Inspector:

Stacy DeLarede 845-255-0102

Assessor:

Lorry King 845-255-0103

Senior Citizen Services Coordinator

845-255-0604

Ext. 3631

ULSTER COUNTY COMMUNITY RESOURCE LIST

Adult Protective Services	845-334-5125
Board of Elections	845-344-5470
Human Rights Commission	845-340-3147
Medicare	800-633-4227
NYS HEAP Hotline	800-342-3009
Sheriff's Department	845-338-3640
Social Security	800-772-1213
U.C. Area Transit	845-340-3333
U.C. Department of Health	845-340-3150
U. C. Department of Mental Health	845-340-4000
U.C. Department of Social Service	845-340-5000
U.C. Office for the Aging	845-340-3456
Veterans Services Agency	845-340-3190

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PDQ Printing, New Paltz Plaza, New Paltz, NY
845-255-5500 pdqbiz.net

For the latest updates, new information contact us us at:
<http://www.townofnewpaltz.org/senior-corner>

Additional copies available, contact the Town's Senior Services Coordinator at 845-255-0604 ext. 3631

Please note: This list is not all inclusive and items may be edited, added, deleted periodically as deemed necessary. The directory contains information, but by no means offers any guarantee, warranty or conclusions about the experience of anyone else who may use a business, provider, vendor, agency, company or resource in this booklet. New information is always welcome; residents are invited to submit additional information so this directory may be expanded.