

- ♥ This directory is provided as a courtesy by the Mid-Hudson Lactation Consortium, a coalition of agencies and individuals dedicated to the promotion of breastfeeding as the “Gold Standard of Infant Nutrition.”
- ♥ All phone numbers are in the 845 area code, unless otherwise stated.
- ♥ La Leche League meetings and their support services are free of charge. Meetings are held monthly at various locations. Pregnant women and mothers of infants and toddlers are encouraged to attend. Call a leader to get a current schedule.
- ♥ Lactation consultants and other providers may charge for their services or may have eligibility requirements.
- ♥ Inclusion in this directory does not reflect an endorsement of the services.
- ♥ Call the hospital where you gave birth, they may have a lactation consultant on staff.
- ♥ **IBCLC’s** are health care professionals certified by the International Board of Lactation Consultant Examiners. They provide education for the prevention of breastfeeding problems and assistance when challenging situations occur.

“Babies Were Born To Be Breastfed”

Did you know?

- ◆ Breastfeeding protects infants from ear infections.
- ◆ Breastfeeding protects infants from diarrhea.
- ◆ Breastfeeding is good for mothers!
- ◆ The American Academy of Pediatrics recommends breastfeeding for *at least* the first year of life.
- ◆ Artificial baby milk (formula) is NOT the same as human milk, and *may increase certain health risks* to your baby.
- ◆ Human milk is simply the best nutrition for human babies!!

Mother's Milk:
The Gold
Standard



For more information, or to be included as a provider in our next issue, contact Stephanie Sosnowski, MHLIC coordinator, at Maternal-Infant Services Network, 845-928-7448.

The Mid-Hudson Lactation Consortium's

Breastfeeding

Directory of Services



- Lactation Consultants
- La Leche League Leaders
- Breastpump rentals and sales
- Breastfeeding classes
- Support groups
- WIC Breastfeeding Coordinators

Mid-Hudson Lactation Consortium
c/o Maternal-Infant Services Network
PO Box 548
Central Valley, New York 10917
Tel.: 845-928-7448 ext. 301
E-mail: mhlcmail@gmail.com

August 2010



www.misn-ny.org

August 1 - 7
World Breastfeeding Week

ORANGE COUNTY

La Leche League Leaders

Rene Fisher	343-9139	Middletown
Diana Cassar-Uhl	534-8715	Cornwall

International Board Certified Lactation Consultants (IBCLC's)

Ellen Mahony	845-742-1243
Anna Marie Perkins	355-1075
Debbie Cardish @ St. Luke's-Cornwall	568-2425
Diana Cassar-Uhl	534-8715
Barbara Zucker	928-6906

Breastfeeding Classes/Support/Assistance

St. Anthony's Hospital	987-5300
St. Luke's/Cornwall Hospital	568-2425
Susan Rannestad	744-5219
Stephanie Sosnowski, MISN	928-7448 ext. 301 or 1-800-453-4666

WIC Breastfeeding Coordinators

Laura Hubbell (OCDOH) Middletown/Harriman	346-1300
Annette Cuevas (GHVFC) Newburgh	568-5473
Rita Rose (MCHC) Port Jervis	856-8156

SULLIVAN COUNTY

International Board Certified Lactation Consultant

Mary Wehr, RN, IBCLC	858-7175
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WIC Breastfeeding Coordinator

Jill Meltzer, RN, CLC	292-5910 x 5
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Breastfeeding Information/Support/Classes

Catskill Regional Medical Center	794-3300
Janna Comando, MISN	791-7429 x 303

Going back to work?

You can:

- Ask for a private place to express or pump your breastmilk
- Use your break time or meal time to express or pump

Your employer must help you locate a room, and must not discriminate against you for expressing or pumping. (NYS Labor Law Section 206-c). If your employer would like more information, please have them contact Maternal-Infant Services Network, 845-928-7448.

ULSTER COUNTY

La Leche League Leaders

Donna Bruschi	255-1055	New Paltz
Melissa Fairweather	255-8401	New Paltz

International Board Certified Lactation Consultants (IBCLC's)

Mary Ann Zimmerman at Health Alliance	331-3131 ext. 2349
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Breastfeeding Classes/Support/Assistance

The Family Birth Place at The Health Alliance	331-3131 ext. 2349
Liz Pickett, MISN	928-7448 ext 316

WIC Breastfeeding Coordinator

Ann Marie Lechner	883-5259
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Other places to get information

Maternal-Infant Services Network's
Mother's Helpline: 1-800-453-4666 x 301
(Monday – Friday 9 AM – 5 PM)

Hudson Valley Region 2-1-1 Information Line
(24 hours a day, 7 days a week)

On the internet:

www.nysbreastfeeding.org
www.breastfeedingpartners.org
www.lli.org
www.breastfeeding.com
www.ilca.org
www.breastfeedingonline.com
www.4Women.gov
www.misn-ny.org
www.babiesny.com

DUTCHESS COUNTY

La Leche League Leaders

Desiree Albizu	518-537-4221	Red Hook
Meg Clayton	416-8929	Poughquag
Melissa Lawlor	635-3521	Pleasant Valley
Katherine Mustello	266-8025	Rhinebeck
Karen Pogge	896-4533	Hopewell Junction
Pat Sexton	876-6880	Red Hook
Lucia Arsky	518-851-9615	Red Hook
Chantal Daigneault	266-4002	Hyde Park
Rebecca Rosen	914-804-0831	So. Dutchess
Aimee Notaro	855-7156	So. Dutchess

International Board Certified Lactation Consultants (IBCLC's)

Kay Bishop	677-8793
Hudson Valley Lactation Services, LLC	264-0448
Vassar Brothers Medical Center:	483-6178
(Meg Clayton, Doris Nunez, Ann Einhorn, Ellen Mahony, Ann Marie Geremino)	

Breastfeeding Classes/Support/Assistance

Breastfeeding Coalition of Dutchess Cty.	486-3549
Dept. of Health (Sue Moshier, PHN, CLC)	486-3513
Northern Dutchess Hospital	871-3355
Vassar Brothers Medical Center	483-6178
Centered Birth	467-0438

WIC Breastfeeding Coordinator

Sharon D'Errico	452-6478 x 4023
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Breastpump Rentals and Sales**

Hudson Valley Lactation Services, LLC	264-0448
Medela, Inc.	800-835-5968
Ameda	800-323-8750
Northern Dutchess Hospital	845-871-3365
Vassar Brothers Medical Center	483-6178
Waddle n Swaddle	473-5952

***Some La Leche League Leaders, Lactation Consultants and hospitals rent and/or sell breastpumps, too.*