

- ♥ 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.

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 *increases certain health risks* to your baby.
- ◆ Human milk is simply the right nutrition for human babies!!

For more information, or to be included as a provider in our next issue, contact Stephanie Sosnowski, MHLC coordinator, at Maternal-Infant Services Network, 845-492-9027

MHLC meets quarterly - contact us to join!

The Mid-Hudson Lactation Consortium's

Breastfeeding

Directory of Services



- IBCLC Lactation Consultants
- La Leche League Leaders
- CLC Lactation Counselors
- Breastpump rentals and sales
- Breastfeeding classes
- Support groups
- WIC Breastfeeding Programs

Mid-Hudson Lactation Consortium
 c/o Maternal-Infant Services Network
 10 Little Britain Road
 Newburgh, NY 12550
 Tel. : 845-561-3575 ext. 301
 E-mail: ssosnowski@misn-ny.org



www.misn-ny.org

Find us on FaceBook!

May/June 2016

ORANGE COUNTY

La Leche League Leaders

Rene Fisher 343-9139 Middletown

International Board Certified Lactation Consultants (IBCLC's)

Barbara Leshin-Zucker 928-6906
Ellen Mahony 742-1243
Stephanie Sosnowski @ Washingtonville Pediatrics
496- 5437 or 325-3382

Deborah Vermilyea, Christina Cassidy,
Kristin Walicki @ORMC 333-6274
Annette Cuevas @ Shop-Rite 467-7064
Christina Cassidy 544-4091

Breastfeeding Classes/Support/Assistance

Orange Regional Medical Center 333-6274
St. Anthony's Hospital 987-5300
Stephanie Sosnowski, MISN 492-9027
Stephanie Sosnowski, Private Practice 325-3382
Paula Spector, RN, CLC 610-3548
Danielle Diamond, CLC 500-7414
Elaine Lopez, RN, CLC St. Luke's Cornwall Hosp. 568-2618

WIC Breastfeeding Coordinators

Laura Hubbell, CLC (OCDOH) Middletown/Harriman
346-1300
Middletown MISN WIC Peer Counselor s
Anankhka and Janet 662-7677
Jessica Peters (GHVFC) Newburgh 568-5473
Peers: Rosa 392-3835; Brittany 475-5470
Mary Wehr (MCHC) Port Jervis 856-8156
WIC Peer Counselors Port Jervis 467-1998

SULLIVAN COUNTY

IBCLCs

Stephanie Sosnowski, IBCLC 492-9027

WIC Breastfeeding

Peer Counselor: Sarah 292-5910 x 2262; or cell: 845-707-1339

Breastfeeding Information/Support Group/Classes

Stephanie Sosnowski, IBCLC, @ MISN 492-9027
Sybil Sanchez, CLC 288-0142
Amanda Langseder, CLC 292-5910 #5

Want to become an IBCLC? Visit www.iblce.org.

ULSTER COUNTY

La Leche League Leaders

Donna Bruschi 255-1055 New Paltz

International Board Certified Lactation Consultants (IBCLC's)

Health Alliance – Kingston 331-3131 ext. 2241
Donna Bruschi 750-4402

Breastfeeding Classes/Support/Assistance

The Family Birth Place at The Health Alliance
331-3131 ext. 2241
Connie Kieltyka 657-5899

WIC Breastfeeding Coordinator

Nancy Morgenstern 340-3965

Resources

Maternal-Infant Services Network
1-800-453-4666 (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.uslca.org
www.ilca.org
www.breastfeedingonline.com
www.4Women.gov
www.misn-ny.org
www.usbreastfeeding.org
www.breastfeedingulster.org
www.childbirthandparenting.com
www.latchme.com

Going back to work?

You can:

- Ask for a private place to express or pump your breastmilk (not a bathroom!)
- 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, 845-561-3575 ext 301

DUTCHESS COUNTY

La Leche League Leaders

Desiree Albizu 518-537-4221 Red Hook
Meg Clayton 416-8929 Poughquag
Melissa Lawlor 705-3344 Pleasant Valley
Pat Sexton 876-6880 Red Hook
Lucia Arsky 518-851-9615 Red Hook
Aimee 493-0640 S. Dutchess
Karin 319-6336 S. Dutchess

International Board Certified Lactation Consultants (IBCLC's)

Kay Bishop 677-8793
Vassar Brothers Medical Center: 483-6178
(Meg Clayton, Doris Nunez, Ann Einhorn, Ellen Mahony)
Susan Vromen @ Northern Dutch. H. 871-3365
Melissa Lawlor 845-226-7849

Breastfeeding Classes/Support/Assistance

Breastfeeding Coalition of Dutchess Cty. 483-6178
Dept. of Health 486-3419
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

Pump Rentals and Insurance Pumps**

Medela, Inc. 800-835-5968
Ameda 877-99-AMEDA
Orange Regional Medical Center 333-6274
Northern Dutchess Hospital 871-3365
Vassar Brothers Medical Center 483-6178
New Baby New Paltz 750-4402
Maternal-Infant Services Network 492-9027
A Medical Supply 783-6678

***Some La Leche League Leaders, Lactation Consultants and hospitals rent and/or sell breastpumps, too. WIC agencies are able to supply pumps to eligible families.*

Breastfeeding Peer Counselors are available at all WIC clinics – ask the WIC breastfeeding coordinator for more information