

- ♥ 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, MHLC coordinator, at Maternal-Infant Services Network, 845-928-7448, ext 301.

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



www.misn-ny.org

Find us on Facebook!

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ORANGE COUNTY

La Leche League Leaders

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

International Board Certified Lactation Consultants (IBCLC's)

Diana Cassar-Uhl 534-8715
Barbara Leshin-Zucker 928-6906
Ellen Mahony 742-1243
Anna Marie Perkins 355-1075
Stephanie Sosnowski 492-9027
Deborah Vermilyea @ ORMC 333-6274

Breastfeeding Classes/Support/Assistance

Orange Regional Medical Center 333-6274
St. Anthony's Hospital 987-5300
Susan Rannestad 744-5219
Stephanie Sosnowski, MISN 928-7448 ext. 301
845-492-9027 or 1-800-453-4666
Paula Spector 610-3548

WIC Breastfeeding Coordinators

Laura Hubbell (OCDOH) Middletown/Harriman 346-1300
Middletown MISN WIC Peer Counselors
Anankhka, Jaimee, Nicole 662-7677
Annette Cuevas (GHVFHC) Newburgh 568-5473
GHVFHC BF Peer Counselor
Glenda 568-5473
Mary Wehr (MCHC) Port Jervis 856-8156

SULLIVAN COUNTY

International Board Certified Lactation Consultant

Mary Wehr, RN, IBCLC 858-7175

WIC Breastfeeding Coordinator

Hana Srdanovic 292-5910 x2236
Angie Schott, Peer Counselor 292-5910 x 2262

Breastfeeding Information/Support/Classes

Catskill Regional Medical Center 794-3300
Janna Comando, RN MISN 845-417-6165
Stephanie Sosnowski, IBCLC, MISN 845-492-9027

ULSTER COUNTY

La Leche League Leaders

Donna Bruschi 255-1055 New Paltz

International Board Certified Lactation Consultants (IBCLC's)

Mary Ann Zimmerman 331-3131 ext. 2349
at Health Alliance
New Baby New Paltz 750-4402

Breastfeeding Classes/Support/Assistance

The Family Birth Place at The Health Alliance 331-3131 ext. 2349
Liz Pickett, MISN 430-0455

WIC Breastfeeding Coordinator

Amy Myers 883-5259



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
www.breastfeedingulstercounty.wordpress.com
www.childbirthandparenting.com

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, ext 301.

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

Breastpump Rentals and Sales**

Hudson Valley Lactation Services, LLC 264-0448
Medela, Inc. 800-835-5968
Ameda 800-323-8750
Orange Regional Medical Center 333-6274
Northern Dutchess Hospital 871-3365
Vassar Brothers Medical Center 483-6178
Waddle n Swaddle 473-5952
New Baby New Paltz 750-4402

***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.*

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