Breastfeeding Services Directory

Mid-Hudson Lactation Consortium

Did you know?
- Breastfeeding protects infants from ear infections and diarrhea
- Breastfeeding is good for mothers, too!
- The American Academy of Pediatrics recommends breastfeeding for the first year of life, and beyond.
- 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!

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

For more information about MHLC, or to be included as a provider in our next issue, contact Stephanie Sosnowski, MHLC Coordinator at MISN, 845-492-9027 or mhlcmail@gmail.com

Educational and networking meetings are held quarterly - please contact Stephanie to be added to our email contact list to receive notifications.

August is National Breastfeeding Month!

February 2020
**ORANGE COUNTY**

La Leche League Leaders
Rene Fisher 800-7275

IBCLCs
Ellen Mahony 742-1243
Stephanie Sosnowski @ Washingtonville Pediatrics 496-1025 or 325-3382
Rene Fisher @ ORMC 333-6264
Kristin Wallicki ORMC 333-6274
Susan Rannestad 283-2229
Christina Cassidy 544-4091
Sarah Amer 652-0419
Jessica Thomas 481-1203

Breastfeeding Classes/Support Groups/Assistance
Orange Regional Medical Center 333-6264
St. Anthony’s Hospital 987-5300
Stephanie Sosnowski, MISP 492-9027
Private Practice 325-3382
Paula Spector, RN, CLC 610-3548
Sarah Lichtenstein, CLC, Kiryas Joel 325-8400
Melyssa DeLorenzo, MSLCH 219-4227
Mid Hudson Chocolate Milk 381-0916

WIC Breastfeeding Coordinators and Peer Counselors
Michelle Kavanaugh (OCDOH) 360-6550
Middletown MISP WIC Peer Counselors 360-6550
Ananakha and Janet (bilingual) 245-5370
Pamela Roeloffs (CFHC) Newburgh 568-5473x1087
Peer Counselor: Rosa (bilingual) 392-3835
CFHC Port Jervis Jennifer Rodriguez 485-3705

**SULLIVAN COUNTY**

IBCLCs
Stephanie Sosnowski, IBCLC @ MISP 492-9027

Breastfeeding Information/Support Group/Classes
Stephanie Sosnowski, IBCLC @ MISP 492-9027
Linnette Vargas-Gonzalez, CHW @ MISP 702-1894
Lacie Halloran, RN, CLC 607-725-5369
Jennifer Lansiquot, CLC @ CRMC 794-3300 x2727
Healthy Families of Sullivan County 292-5910 x2250
CLCs: Stacey Wizwer, 807-9048, Ericka Pineda 428-1636
Sullivan County Public Health Services WIC 292-5910 x5
Sullivan County Public Health Services MCH 292-5910
Baby Café - La Taza Materna—Liberty 702-1894

ULSTER COUNTY

La Leche League Leader
Donna Bruschi 255-1055

IBCLCs
Health Alliance-Kingston 331-3131 x 2241
Jessica Thomas 481-1203

Breastfeeding Classes/Support/Assistance
Health Alliance-Kingston 331-3131 x 2241
Connie Kieltyka 657-5899
Healthy Families 339-8551
Doris Preslar-Leveque, RN, CLC (IFH) 338-6400
Lily DeFazio RN, CLC (IFH) 339-9055
Megan McMullan, MD, CLC (IFH) 338-6400
Sendy O’Brien, CHW (MISP) 625-8606
Martiday Rodriguez, CLC 978-480-0773

WIC Breastfeeding Coordinator
Michelle Koross 340-4282

DUTCHESS COUNTY

La Leche League Leaders
Desiree Albizu 518-537-4221
Pat Sexton 876-6880
Cori Werner 929-356-5607
Alexa Devin 347-730-7356

IBCLCs
Kay Bishop 677-8793
Vassar Brothers Medical Center: 483-6178
(Meg Clayton, Doris Nunez, Ann Einhorn) 871-3365
Susan Vromen @ Northern Dutch. H. 871-3365
Melissa Lawlor 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
Ozie Williams, CLC (DOH) 486-3542
Jane Klamwela, CLC (DOH) 486-3750
Rebeca Garcia, PHN (DOH) 486-3428
Deirdre Mae Micker, WHNP-BC 797-9229

WIC Breastfeeding Coordinator
Robin Payne 452-6478

**OTHER RESOURCES**

Maternal-Infant Services Network
1-800-453-4666 (Monday – Friday 9 AM – 5 PM)

On the internet
nysbreastfeeding.org
breastfeedingpartners.org
llli.org
Naturalbreastfeeding.com
Firstdroplets.com
uslca.org
ILCA.org
breastfeedingonline.com
Womenshealth.gov
misn-ny.org
usbreastfeeding.org
childbirthandparenting.com
birthandbreastfeedingeducationandsupport.com
boobiebroad.com

Have milk to donate?
Visit www.nymilkbank.org

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, 845-492-9027.

Pump Rentals and Insurance Pumps**
Orange Regional Medical Center 333-6264
Northern Dutchess Hospital 871-3365
Vassar Brothers Medical Center 483-6178
New Baby New Palz 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 breast pumps, too. WIC agencies are able to supply pumps to eligible families.