

♥ 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.
- ◆ Human milk enhances infants' intellectual and neurological development.
- ◆ 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* be harmful to your baby.
- ◆ Human milk is simply the best 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, 845-928-7448.

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
845-928-7448 ext. 15 or e-mail:
mhlc@misn-ny.org

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www.misn-ny.org

Visit our website for more information on the
NYS Nursing Mothers in the Workplace Law

ORANGE COUNTY

La Leche League Leaders

Diana Cassar-Uhl	534-8715	Cornwall
Rene Fisher	343-9139	Middletown
Katrina	446-1398	Highland Falls
Trish	497-3524	Highland Falls

International Board Certified Lactation Consultants (IBCLC's)

Regina Camillieri @ Orange Regional Medical Center, Horton Campus 342-7271
 Ellen Mahony 294-2255 (@ ORMC) or 845-742-1243
 Anna Marie Perkins 355-1075
 Mary Wehr @ Bon Secours Hospital 858-7175
 Debbie Cardish @ St. Luke's-Cornwall 568-2425

Breastfeeding Classes/Support/Assistance

ORMC, Horton Campus 1-888-321-ORMC
 St. Anthony's Hospital 987-5300
 St. Luke's/Cornwall Hospital 568-2425
 Susan Rannestad 744-5219
 Stephanie Sosnowski, CLC 928-7448 ext. 15
 or 1-800-453-4666

WIC Breastfeeding Coordinators

Laura Rodriguez, CLC (OCHD) 346-1297
 Annette Cuevas, IBCLC (GHVFC) 568-5473

SULLIVAN COUNTY

International Board Certified Lactation Consultant

Mary Wehr, RN, IBCLC 858-7175

WIC Breastfeeding Coordinator

Jill Meltzer, RN, CLC 292-0100 x 2656

Breastfeeding Information/Support/Classes

Catskill Regional Medical Center 794-3300



ULSTER COUNTY

La Leche League Leaders

Donna Bruschi	255-1055	New Paltz
Melissa Fairweather	255-8401	New Paltz
Elisa Leone	255-4091	New Paltz

International Board Certified Lactation Consultants (IBCLC's)

Mary Ann Zimmerman
 at Kingston Hospital 331-3131 ext. 2349

Breastfeeding Classes/Support/Assistance

Benedictine Hospital 338-2500 or 334-4807
 Kingston Hospital 331-3131 ext. 2349

WIC Breastfeeding Coordinator

Ann Marie Lechner 883-5259



Other places to get information

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

On the internet:

www.breastfeedingpartners.org
www.lalecheleague.org
www.breastfeeding.com
www.ilca.org
www.breastfeedingonline.com
www.4Women.gov
www.breastfeedingadvocacynetwork.org
www.misn-ny.org

DUTCHESS COUNTY

La Leche League Leaders

Desiree Albizu	518-537-4221	Red Hook
Meg Clayton	229-4174	Hyde Park
Melissa Lawlor	635-3521	Pleasant Valley
Katherine Mustello	266-8025	Rhinebeck
Karen Pogge	896-4533	Hopewell Junction
Pat Sexton	876-6880	Red Hook
Linda Tedesco	452-9393	S. Dutchess
Lucia Arsky	518-851-9615	Red Hook
Chantal Daigneault	266-4002	Hyde Park

International Board Certified Lactation Consultants (IBCLC's)

Kay Bishop 677-8793
 Hudson Valley Lactation Services, LLC 264-0448
 Mary Nettles 876-4957
 @Northern Dutchess Hospital 871-3365
 Kristen Panzer 518-789-3573
 Vassar Brothers Medical Center: 483-6178
 (Meg Clayton, Doris Nunez, Ann Einhorn, Kristin Panzer, Ellen Mahony, Regina Camillieri)

Breastfeeding Classes/Support/Assistance

Dutchess County H. D. (Sue Moshier, PHN, CLC) 486-3513
 Elizabeth Robinson 897-3885
 Northern Dutchess Hospital 871-3355
 Vassar Brothers Hospital 483-6178

WIC Breastfeeding Coordinator

Sharon D'Errico 452-6478 x 4023

Breastpump Rentals and Sales**

The Breastchester, Inc.	845-227-8636
Hudson Valley Lactation Services, LLC	264-0448
Medela, Inc.	800-835-5968
Ameda/Evenflo	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.*

