

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 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 an IBCLC lactation consultant or CLC on staff.

IBCLCs 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 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!

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 [ssosnowski@misn-ny.org](mailto:ssosnowski@misn-ny.org). 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!

# Breastfeeding Services Directory

## Mid-Hudson Lactation Consortium



- **IBCLC Lactation Consultants**
- **La Leche League Leaders**
- **CLC Counselors**
- **Breastpump Rentals**
- **Milk Bank**
- **Breastfeeding Support Groups and Classes**
- **WIC Breastfeeding Support**

**Mid-Hudson Lactation Consortium c/o MISN, Inc.**  
**10 Little Britain Road**  
**Newburgh, NY 12550**  
**[www.misn-ny.org](http://www.misn-ny.org)**  
**845-492-9027**



## ORANGE COUNTY

### La Leche League Leaders

Rene Fisher 800-7275

### International Board Certified Lactation Consultants (IBCLCs)

Ellen Mahony 742-1243

Stephanie Sosnowski @ Washingtonville Pediatrics  
496-1025 or 325-3382

Deborah Vermilyea, Kristin Walicki @ORMC  
333-6274

Susan Rannestad 283-2229

Christina Cassidy 544-4091

Jessica Peters, Victoria Mazzuca, @CFHC 568-5473

### Breastfeeding Classes/Support/Assistance

Orange Regional Medical Center 333-6274

St. Anthony's Hospital 987-5300

Stephanie Sosnowski, MISN 492-9027

Private Practice 325-3382

Paula Spector, RN, CLC 610-3548

Danielle Diamond, CLC 500-7414

Elaine Lopez, RN, CLC St. Luke's Hosp. 568-2618

Sarah Lichtenstein, CLC Kiryas Joel 325-8460

Courtney Durfee, CLC 283-7447

Marian Seliquni, CM 862-220-6140

### WIC Breastfeeding Coordinators and Peer Counselors

Jill Boyd (OCDOH) Middletown/Harriman  
291-2044

Middletown MISN WIC Peer Counselors  
Anankhka and Janet 245-5370

Jessica Peters, (CFHC) Newburgh 568-5473x 1087

Peers: Rosa 392-3835 Franleen 475-5470

MCHC Port Jervis Kelly Evans 856-8156

Peer: Jennifer 467-1998

## SULLIVAN COUNTY

### IBCLCs

Stephanie Sosnowski, IBCLC @ MISN 492-9027

### WIC/ Breastfeeding Peer Counselors:

Sarah and Jasmine 292-5910 x 2262; or cell: 845-707-1339  
(English) or 707-5967 (Spanish)

### Breastfeeding Information/Support Group/Classes

Stephanie Sosnowski, IBCLC, @ MISN 492-9027

Catskill Regional Medical Center 794-3300 x 2372

## ULSTER COUNTY

### La Leche League Leaders

Donna Bruschi 255-1055

### IBCLCs

Health Alliance-Kingston 331-3131 x 2241

Donna Bruschi 750-4402

### Breastfeeding Classes/Support/Assistance

Health Alliance-Kingston 331-3131 x 2241

Connie Kieltyka 657-5899

Healthy Families 339-8551

### WIC Breastfeeding Coordinator\*

Nancy Nissen 340-3965

## DUTCHESS COUNTY

### La Leche League Leaders

Desiree Albizu 518-537-4221

Melissa Lawlor 705-3344

Pat Sexton 876-6880

Lucia Arsky 518-851-9615

Aimee Notaro 222-1697

Bethany Hanchett 630-890-7632

Crystal Heisman 453-4208

### IBCLCs

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

Ozie Williams, CLC (DOH) 486-3542

### WIC Breastfeeding Coordinator \*

Robin Payne 452-6478

**\*Breastfeeding Peer Counselors are available at all  
WIC clinics—ask the WIC Breastfeeding Coordinator  
for more information.**

**Want to become an IBCLC?**

**Visit [www.ibclce.org](http://www.ibclce.org)**

### Pump Rentals and Insurance Pumps\*\*

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.*

**Have milk to donate?  
Visit [www.nymilkbank.org](http://www.nymilkbank.org)**

### Other 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](http://www.nysbreastfeeding.org)

[www.breastfeedingpartners.org](http://www.breastfeedingpartners.org)

[www.lili.org](http://www.lili.org)

[www.breastfeeding.com](http://www.breastfeeding.com)

[www.uslca.org](http://www.uslca.org)

[www.ilca.org](http://www.ilca.org)

[www.breastfeedingonline.com](http://www.breastfeedingonline.com)

[www.4Women.gov](http://www.4Women.gov)

[www.misn-ny.org](http://www.misn-ny.org)

[www.usbreastfeeding.org](http://www.usbreastfeeding.org)

[www.breastfeedingulster.org](http://www.breastfeedingulster.org)

[www.childbirthandparenting.com](http://www.childbirthandparenting.com)

[www.latchme.com](http://www.latchme.com)

[www.birthandbreastfeedingeducationandsupport.com](http://www.birthandbreastfeedingeducationandsupport.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