

## **RESOURCES FOR BREASTFEEDING MOTHERS**

- **MOHAWK VALLEY BREASTFEEDING NETWORK \*** ..... 738-9773  
 Meetings: 1<sup>st</sup> Wednesday each month, 8:45am - Family Nurturing Center - 209 Elizabeth Street - Utica
  
- **LACTATION CONSULTANTS**  
 IBCLC = International Board Certified Lactation Consultant; CLC = Certified Lactation Counselor
  - Albany Medical Center: Pat Coffee, RN, IBCLC ..... (518) 262-5162
  - Bassett Hospital - Cooperstown ..... (607) 547-3536
  - Community Memorial Hospital - Hamilton: Pat Strong, RN, CLC ..... 824-6130
  - Crouse Irving: Carol Cook and Charleen Insalaco, RN, IBCLC ..... 470-7179
  - Family Nurturing Center: Charity Leslie, CLC; Heather Kowell ..... 738-9773 x237
  - Little Falls Hospital: Mary Turbek, RN, IBCLC ..... 823-4506
  - Oneida Healthcare Center: Pat Jones, NP, IBCLC ..... 361-2065
  - Rome Hospital: Lauren Owens, RN ..... 338-7124
  - St. Joseph's Hospital - Syracuse: Cathy Patrick, IBCLC ..... 448-5323
  - St. Luke's Hospital: Judy Hatfield, RNC, IBCLC; and Billie Jean Frye, RN, IBCLC ..... 624-6762
  - Sue Niedzielski, IBCLC, Private Lactation Consultant ..... 865-4476 or 335-2735
  - BREASTFEEDING HELPLINE ..... 1-800-994-9662
  
- **WIC BREASTFEEDING EDUCATORS**
  - Herkimer County: Mary Turbek, RN, IBCLC ..... 866-5029
  - Madison County: Stephanie Geer, CLC ..... 363-3210
  - Herkimer-Madison: Judy Seoldo, CLC ..... 366-9963
  - Oneida County: Maureen Bruce, IBCLC ..... 798-5560
  
- **LA LECHE LEAGUE**  
 Meetings: 1<sup>st</sup> Wednesday each month, 6:45pm - Zion Lutheran Church, New Hartford  
                   Jennifer Geiger..... 337-5808                    or                    Christine Ceely ..... 749-6005
  
- **BREAST PUMP RENTAL (R) and/or SALES (S)**
  - Bassett Hospital - Cooperstown           R/S ..... (607) 547-3536
  - Community Memorial Hospital - Hamilton   R/S ..... 824-6130
  - Oneida Healthcare Center                   R/S ..... 361-2065
  - St. Luke's Hospital Gift Shop               S ..... 624-6023
  - Kid's World - Yorkville                    S ..... 736-5437
  - Nunn's Hospital Supplies - Rome           R/S ..... 339-4084
  - Sue Niedzielski, IBCLC                    S ..... 865-4476 or 335-2735
  - WIC: Herkimer County   - for WIC women only ..... 866-5029
  - WIC: Madison County   - for WIC women only ..... 363-3210
  - WIC: Oneida County     - for WIC women only ..... 798-5560
  - Breast Pump Companies - to order supplies:
    - Ameda Egnell ..... 800 - 323-8750
    - Bailey's ..... 800 - 413-3216
    - Medela ..... 800 - 435-8316
    - Avent..... 800 - 542-8368
  
- **EDUCATIONAL RESOURCES**
  - Mohawk Valley Breastfeeding Network - Lending Library: Colleen Cavallo ..... 738-9773 x228
  - Mohawk Valley Perinatal Network - Lending Library..... 732-4657 x222
  - Rochester Lactation Data Bank (for professionals only) ..... 585 - 275-0088
  - Internet Resource - including many excellent links ..... [www.breastfeeding.com](http://www.breastfeeding.com)  
[www.la lecheleague.org](http://www.la lecheleague.org)

*\* The Mohawk Valley Breastfeeding Network's mission is to promote breastfeeding in our region, to support the breastfeeding family, and to serve as an educational resource for health care professionals. Promoting up-to-date, accurate information and training will improve the health of women, children and families. MVBN is open to anyone who wants to promote breastfeeding.*