

## Private Practice Lactation Consultants

A lactation consultant is an expert that helps people learn to breastfeed and provides assistance along the way. A fee is usually charged.

### Jordan/Elbridge

**Contact:** Best Beginnings: Cindy Maslak (315) 652-1595

**Services:** Private consultations, Home visits, Pump rentals

### Liverpool

**Contact:** Charlene Insalaco (315) 652-1595

**Services:** Private & Phone consultations

### Manlius

**Contact:** Family Nursing Associates: Denise Cote-Arsenault 682-9325

**Services:** Private consultations, Home visits, Classes, Inservice education, Product sales, Pump rentals, Baby scale rentals

## Postpartum Doulas

Doulas of Central NY (315) 455-3265

## Agencies/Home Care

All agencies provide the following services:

Pre & postpartum teaching, Home visits

Cayuga County MOMS Program (315) 253-1560

Madison County Health Department (315) 366-2361

Onondaga County Community Health Nursing (315) 435-3287

Oswego County Health Department (315) 349-3547

Visiting Nurses Association (Syracuse) (315) 476-3101

## Pump Rentals

Denise Cote-Arsenault (315) 682-9325

St. Joseph Hospital Breastfeeding Support Center (315) 448-5323

Cindy Maslak (315) 689-9579

University Health Care Center, Women's Health Services (135) 464-5210



## Community Resource Guide 2007

By the CNY Breastfeeding Connection,

a regional organization of Lactation Consultants, Nurses, Dietitians, La Leche League Leaders, Nurse Practitioners, Professional Educators, Doctors, and Midwives committed to:

- Promoting breastfeeding in the community.
- Enabling the family to make an informed choice about feeding methods.
- Protecting the breastfeeding family through the sharing of accurate information.
- Supporting the breastfeeding family with information and resources.
- Providing information and resources to health care providers who help new families in our community.

The CNY Breastfeeding Connection encourages you to copy and distribute this list.

If you are interested in joining our group, or would like more information call (315) 424-0009.

## Health Care Facilities

### **Auburn Memorial Hospital (315) 255-7381**

**Contact:** Shannon Harding, Patty Granato

**Services:** Inpatient teaching, Phone and patient consultations



### **Community General Hospital (315) 492-5575**

**Contact:** Kim Waslilenko, Kathleen Greene

**Services:** Inpatient teaching, Breastfeeding classes

### **Crouse Irving Memorial Hospital (315) 470-7179**

**Contact:** Carol Cook, Cindy Maslak, Kristin Waterstripe, Mary Haley, Charlene Insalaco (NICU)

**Services:** In-patient teaching, Out-patient follow up, Phone consultation, Prenatal breastfeeding class

### **Community Memorial Hospital–Hamilton (315) 824-1100**

**Contact:** Pat Strong

**Services:** Baby weigh station, Pump rentals, and Support Tuesday and Friday 1-4 pm

### **Oneida Healthcare Center (315) 361-2065**

**Contact :** Pat Jones

**Services:** Baby weigh station, Pump rentals, and Support Tuesday and Friday 1-4 pm

### **Oswego Hospital (315) 349-5572**

**Contact:** Sally Cafalone

**Services:** Patient Teaching, Breastfeeding Classes, Phone Consultation

### **Samaritan Medical Center–Watertown (315) 785-4050**

**Contact:** Patricia Simpson, Carol Smith, Ann Nans, Keitha Delles

**Services:** Patient teaching, Phone Follow-Up, Breastfeeding classes, Breastfeeding support group, Lactation consultation

### **St. Joseph's Hospital (315) 448-5323**

**Contact:** Patricia Aiken, Pauline Merakis, Cathy Patrick, Barbara Rhea, Michelle Silfert, Kathy Manning (ICN), Diane Gould (Birth Place)

**Services:** Breastfeeding and back-to-work classes, Support center, Breast pump rentals, Equipment sales, 24 hour phone line.

## Health Care Facilities (continued)

### **University Hospital: The Breast Care Center (315) 464-8224**

**Contact:** Jayne Charlamb, MD

**Services:** Evaluation and treatment of medical breastfeeding problems



## WIC

### **Onondaga County (315) 435-3304**

**Contact:** Sharon Tripolone

### **Cayuga County (315) 253-1406 or 253-1449 or 253-1474**

**Contact:** MaryBeth Hogan, Patty Granato  
Support Group Every Second Friday, 2-3 pm

### **Madison County (315) 363-3210**

**Contact:** Stephanie Geer

### **Oswego County (315) 343-1311 or 1 (888) 730-3803 toll free**

**Contact:** Mary Ellen Pierce, Stacie France

Pumps for clients with special circumstances.

Peer Counseling and Breastfeeding Information at the WIC Website:  
[www.BreastfeedingPartners.org](http://www.BreastfeedingPartners.org)

## Support Groups

**La Leche League:** LLL groups are run by accredited LLL Leaders who have breastfed their own children. For free breastfeeding assistance, information, and support and to find a group near you call 299-2702 or visit their website at [www.LaLecheLeague.org](http://www.LaLecheLeague.org).

**Camillus** Best Beginnings: Laura (315) 673-9900  
4th Thursday of each month

**Auburn** Seymour Library on Genesee Street  
Tuesdays at noon

