



# LILCA NEWSLETTER

Fall 2009

Long Island Lactation Consultant Association

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

## LILCA Executive Board Members

### President

Donna Kimick  
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### Vice President

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### Recording Secretary

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### Corresponding Secretary

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### Treasurer

Andrea Hopkins  
(516)779-5050

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### Past President

Dawn Frank  
(631)669-6272

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## LILCA Happenings

Sept 29, 2009

### General Membership Meeting

Our last general membership meeting was held on Sept. 29, 2009, 7PM at the business office of Salmon LLC in Mineola. The guest speaker was Julie Bouchet-Horowitz and her topic was **Adoptive Nursing and Re-lactation**. A big thank you to Julie for her stimulating talk. The slides from Julie's presentation can be viewed on the LILCA website. Cerps were awarded.

Nov 17, 2009

### General Membership Meeting

Our next general membership meeting will be held on Nov. 17, 2009, 7PM at the home of Donna Kimick in Massapequa. The general election for the 2010 executive board will take place at this meeting. Andrea Hopkins will be taking dues renewals at this meeting as well. Please see the attached membership list to check you membership status. Membership forms can be downloaded from the LILCA website.

### From the President's Desk

As the present board's term is coming to an end, the board members would like to convey our heartfelt appreciation for all your cooperation. We have had a wonderful two years working together and would love to keep our focuses going in the same direction. We are very excited about two of those; Our ILCA sponsorship of the doctor in Nigeria, and our biggest project yet - working on getting "**The Business Case for Breastfeeding**" implemented in our community.

We look forward to working with all of you in the future.

Regards,  
Donna and the Board



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## 2009 LILCA Calendar

**Nov 17, 2009**  
**GMM**  
**7 PM**

Location: the home  
of Donna Kimick in  
Massapequa

## News You Can Use

### Nominations for the 2010 Executive Board:

President: Donna Kimick  
Vice President: Ethel Galea  
Recording Secretary: Jeanne Dejak  
Corresponding Secretary: Jeanne Rosser  
Treasurer: Virginia Murphy

### Grant Application

LILCA is re-submitting our application for "The Business Case for Breastfeeding" grant in partnership with the Nassau County Dept of Health (NCDOH) for the October program. We did not get accepted into the August grant. Due to certain stipulations the department of health required a "partner" in order to obtain grant monies to help implement their lactation room. LILCA will be in control of purchases and will also donate monies (half of \$500 grant is required) and "in kind" support. "In kind" will include seminars and education as well as our resource guide being distributed. This could enable LILCA more sites through the county in the future. The following is a part of the grant application, to help explain more fully.

"LILCA will use grant monies to create user-friendly appeal and host forums to seek input from female employees whose duties require them to work outside of NCDOH facilities. NCDOH has designated a private office as a lactation room. This self-locking office is located in a central area of the building, one room away from a working sink and refrigerator. The room has harsh fluorescent lighting and standard office furniture with a desk, chair, and file cabinet. In order to create a more welcoming atmosphere, this funding will purchase lamps to soften the lighting in the room. The current file cabinets will hold breastfeeding educational materials donated by LILCA members and a copy of LILCA resource guide to be provided in-kind. Grant monies will also be used to purchase a comfortable chair for mothers to relax while pumping as well as a supply of hand sanitizer and single-use cleaning wipes to maintain a hygienic environment. In addition LILCA will also purchase with the grant monies a portable CD player and CDs with soothing music." We will keep you all "abreast" of our achievement with this grant.



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## Directions to:

Donna Kimick  
232 Lakeshore Blvd  
Massapequa, NY  
11758

From Sunrise Hwy  
West: Turn right on  
Lakeshore Blvd just  
after Massapequa  
LIRR. An xray office  
is on the  
corner.

From Sunrise Hwy  
East: Turn left on  
Lakeshore Blvd, a  
few blocks after  
Massapequa Park  
LIRR. An xray office  
is on the corner.

Travel south on  
Lakeshore Blvd a  
few blocks, 232 is  
on the right side of  
the street.

## Conferences

NYLCA presents:

Advanced Practice Series

Session #1- Infant Oral Anatomy

11/15/09

12:30pm -5:30 pm at NY Methodist  
Hosp in Brooklyn.

To find out more about this series  
contact Susan Burger at:  
[sburgernutr@nyc.rr.com](mailto:sburgernutr@nyc.rr.com)

or Kate Sharp at:

[katealma@earthlink.net](mailto:katealma@earthlink.net)

## La Leche League of New York- East presents:

Celebrating the Rhythms of Breastfeeding  
and Parenting

*Healthcare Provider Seminar*  
Friday, November 20, 2009  
Dr. James McKenna

*Breastfeeding and Parenting Conference*  
November 20, 21, & 22, 2009  
Holiday Inn, Albany, NY  
<http://www.llnyc.com>