



# LILCA NEWSLETTER

Winter 2009

Long Island Lactation Consultant Association

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

## LILCA Executive Board Members

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## LILCA Happenings

**Nov 18, 2008**

### General Membership Meeting

Our general membership meeting was held on Nov. 18, 2008 at the office of SalmonLLC , in Mineola. We were privileged to have Julie Bouchet-Horowitz NP, IBCLC, speak. Her topic was "Milk Banking In the 21<sup>st</sup> Century". Julie shared the great news that she had just that day been granted certification as the first human milk bank located in New York State. Cerps were awarded.

**Feb 10, 2009**

### General Membership Meeting Journal Club

Our next general membership meeting will be held on Feb. 10, 2009, 7PM at South Nassau Communities Hospital Annex. The meeting will be journal club format. The articles to be discussed at the meeting are: "Inclusion of Fathers is an Intervention to Promote Breastfeeding: Impact on Breastfeeding Rates." and the 'Effect of Pasteurization on the Bacteriocidal Capacity of Milk'. The articles can be found in JHL, November 2008 issue and are also attached for downloading. Lisa Kennedy, RN, BSN, IBCLC will be presenting and cerps will be awarded.

### From the President's Desk

Happy 2009! We are all looking forward to another great year with LILCA. We have a few things in the works for our next meetings. Lisa Kennedy will be doing our February Journal meeting- please take the time to read the articles to be discussed.

Our June meeting will again be with the ALP group as soon as we have date and topic we will let you all know.

We will finalize our ideas for the Sept and Nov meetings and as soon as they are confirmed you will hear at our meetings. Our November meeting with Julie Bouchet-Horowitz was very informative and we thank her for taking the time to keeps us all updated with the recent opening of her milk bank.

We hope to see you all at the February 10th meeting.

Regards,  
Donna and the Board



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## 2009 LILCA Calendar

**Feb. 10, 2009**  
**Journal Club**  
**Meeting**

**7 PM**

Discussion of 2  
articles from Nov.  
2008 JHL.

Speaker: Lisa  
Kennedy RN, BSN,  
IBCLC

**June 2009**  
**GMM\*/ALP**  
**Meeting**

Topic: TBA

Location: TBA

**Sep. 23, 2009**  
**GMM**

**7 PM**

Topic: TBA

Location: TBA

**Nov 17, 2009**  
**GMM**

**7 PM**

Topic: TBA

Location: Bus. Office  
of SalmonLLC in  
Mineola

## News You Can Use

### Sign the Petition

Sign the USBC's Petition on  
Breastfeeding to President  
Obama!

The United States Breastfeeding  
Committee has an online petition  
to President Barack Obama,  
encouraging him to place a high  
priority on breastfeeding as an  
essential public health issue. One  
of the Committee's ten  
recommendations to the president  
is to 'Urge all insurers to cover  
lactation care and support  
services.'

To read the petition and add your  
signature, go to:

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

### Milk Bank in NY

Attached please find Julie  
Bouchet-Horowitz's email  
explaining her milk banking  
service. If you would like to  
contact Julie she can be reached  
at:

Hudson Valley Breastfeeding, LLC  
(914) 231-5065 office  
(509) 357-3407 fax

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

### Reminders/Points to Consider

- Please see attached list to determine if your membership is due in 2009. Andrea Hopkins will be prepared to collect LILCA/ILCA dues at the Feb. meeting, should you need to renew. This is your last reminder.
- Retired members may obtain a newsletter from our website: [www.lilca.org](http://www.lilca.org)
- The executive board has voted to increase the price of cerps awarded at meetings to \$10, to cover the cost of speakers. Non-members cost will be \$20. This change is effective immediately.
- Efforts are underway to ensure that the 2009 Resource Guide contains pump depot information.
- Our website has had a makeover! We can still be found at [www.lilca.org](http://www.lilca.org).
- You MUST attend 2 of the 4 LILCA meetings presented in the year in order to be listed in the resource guide.



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## Directions to South Nassau Communities Hospital Annex Parent-Child Education Center:

Southern State Pkwy  
Exit 20 South (Grand  
Ave., Baldwin). Take  
Grand Ave. South  
cross over Sunrise  
Hwy & immediately  
turn left into the lot of  
2277 Grand Ave. It is  
a blue & white  
building directly  
across from the post  
office. Enter through  
the double glass  
doors and ring to  
enter. Take the  
elevator to the  
second floor and  
enter the door on the  
left. Follow the signs  
to the Lactation  
Resource Center.

## Conferences

Thursday Feb 12, 2009 - 7:30am  
- 4:30pm

NYLCA and NYSBF Coalition's 2009  
Breastfeeding Conference

### **Real Life Breastfeeding: Making it Work, Working for Change**

Register online: [www.nylca.org](http://www.nylca.org)

### ***Annual East Coast More Than . . . LATCH Conference 2009 Celebrating 15 Years of Professional Education!***

***February 18 - 20, 2009***

Register online:  
[www.healthsourceforwomen.com](http://www.healthsourceforwomen.com)

Parkside Lactation Center &  
Winthrop University Hospital  
present:

### ***New Strategies for Improved Outcomes in Lactation***

March 9-10, 2009 @ Winthrop  
University Hospital Outreach Center

Speakers: Kay Hoover MEd, IBCLC,  
RLC, FILA & Diana West

To register contact:  
Kathy Mirra (516) 797-1033  
[KMPLC72@optonline.net](mailto:KMPLC72@optonline.net)

### **21<sup>st</sup> Annual Lactation Consultant In Private Practice Workshop February 28-March 1, 2009 Embassy Suites Hotel Philadelphia, Pa For more information:**

Terriann Shell

(907) 892-8848 (h) or 232-5361 (cell) AK  
Time Zone

[manykids\\_7@yahoo.com](mailto:manykids_7@yahoo.com)