

# KENTUCKY BREASTFEEDING RESOURCE GUIDE 2011



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Kentucky Department for Public Health  
**Division of Maternal and Child Health**  
Nutrition Services Branch/WIC Program  
275 East Main Street, HS2W-D  
Frankfort, KY 40621-0001  
<http://chfs.ky.gov/dph/mch/ns/breastfeeding.htm>

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## **Breastfeeding Resource Guide**

The Kentucky State WIC Program continues to strive to meet the Healthy People 2020 breastfeeding goals listed here:

- To increase to 81.9% the proportion of mothers who breastfeed their babies in the early postpartum period.
- To increase to 60.5% the proportion of mothers who breastfeed their babies through 5 to 6 months of age.
- To increase to 34.1% the proportion of mothers who breastfeed their babies through the end of 1 year.
- To increase to 44.3% the proportion of mothers who exclusively breastfeed their babies through 3 months.
- To increase to 23.7% the proportion of mothers who exclusively breastfeed their babies through 6 months.
- To decrease the proportion of breastfed newborns who receive formula supplementation within the first 2 days of life to 10%.
- Increase the proportion of employers that have worksite lactation support programs to 38%.
- To increase the proportion of live births that occurs in facilities that provide recommended care for lactating mother and their babies to 8.1%.

### **State Contacts:**

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### **Website Resource Guide Changes:**

The Kentucky Breastfeeding Website will maintain a copy of the resource guide at <http://chfs.ky.gov/dph/mch/ns/breastfeeding.htm>. You can select the area of the state based upon your interest and print according to your needs. If you have changes that you notice for your area of the state, contact Marlene Goodlett via email at [Marlene.Goodlett@ky.gov](mailto:Marlene.Goodlett@ky.gov) with the information.

**This resource is intended to assist both health professionals and women in Kentucky who need reliable breastfeeding information. Helpful breastfeeding support and information comes from such resources as:**

1. International Board Certified Lactation Consultants (IBCLC) ;
2. Certified Lactation Counselor (CLC)/Certified Lactation Specialist (CLS);
3. Hospital Based/Private Lactation Consultants;
4. Physicians and hospital staff trained in breastfeeding
5. Kentucky WIC Program (Local agencies and Regional Breastfeeding Coordinators listed);
6. La Leche League;
7. Breastfeeding Peer Counselors;
8. Local Breastfeeding Support Groups/Coalitions and
9. Former and current breastfeeding mothers.

## **What is an International Board Certified Lactation Consultant**

### **(IBCLC)?**

An International Board Certified Lactation Consultant is an allied health care professional who has extensive experience working with breastfeeding women and their babies in normal and unusual situations. Lactation consultants work in many settings—hospitals, private practice, physicians' offices, home care services, health agencies, etc. They assess the mother and baby, take a history, observe the mother and baby breastfeeding, write care plans, report to the mother's and baby's primary care providers, and arrange for follow-up. International Board Certified Lactation Consultants pass a rigorous, independent, accredited certifying examination. Professional lactation consultants receive payment for their services. Many lactation consultants also provide educational programs and updated resources for health care professionals.

Breastfeeding counselors and lactation consultants may work closely together when a mother is experiencing a breastfeeding problem. Once the problem resolves, the lactation consultant may refer the mother back to the breastfeeding counselor for continued support.

For more information on the IBCLC Credential, contact the International Board of Lactation Consultant Examiners (IBCLE) at [www.IBCLE.org](http://www.IBCLE.org) or (703) 560-7330.

To find an IBCLC in your area, you can access two on-line resources:

- IBCLE US Registry: [http://americas.iblce.org/find\\_an\\_ibclc](http://americas.iblce.org/find_an_ibclc)
- "Find A Lactation Consultant" directory on the website of the International Lactation Consultant Association (ILCA): [www.ilca.org](http://www.ilca.org) and select the Find A Lactation Consultant tab at the top.

## **What is a Certified Lactation Counselor (CLC)?**

Certified Lactation Counselor (CLC) is not a professional designation, but rather a person who has successfully completed a 40 hour course of training and received a certificate. No credential in lactation expands practice parameters. These are set by licensing and sometimes by community standards. The CLC, like all certificates of added qualification, carries no regulatory authority for licensure. All health professionals should seek out information about how this certificate relates to licensure, accreditation or employment opportunity in their community. The certificate is valid for 3 years and may be renewed via submission of proof of 18 hours of continuing education in breastfeeding and human lactation.

### **What is a Certified Lactation Specialist (CLS)?**

Certified Lactation Specialist (CLS) is not a professional designation, but rather a person who has successfully completed a 40 hour course of training and received a certificate. No credential in lactation expands practice parameters. These are set by licensing and sometimes by community standards. The CLS, like all certificates of added qualification, carries no regulatory authority for licensure. All health professionals should seek out information about how this certificate relates to licensure, accreditation or employment opportunities in their community.

### **What is La Leche League?**

La Leche League (LLL) is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support and encouragement to women who want to breastfeed. Volunteer Leaders are breastfeeding mothers who have completed a Leader Development program. They provide general breastfeeding counseling free of charge over the phone, in person and at group support meetings. All women interested in breastfeeding are welcome to contact a local LLL Leader. To find a Leader, visit the LLL website at [www.lalecheleague.org](http://www.lalecheleague.org) or phone 1-800-LA-LECHE.



**LA LECHE LEAGUE**  
**INTERNATIONAL**

### **What is WIC and how does it support breastfeeding?**

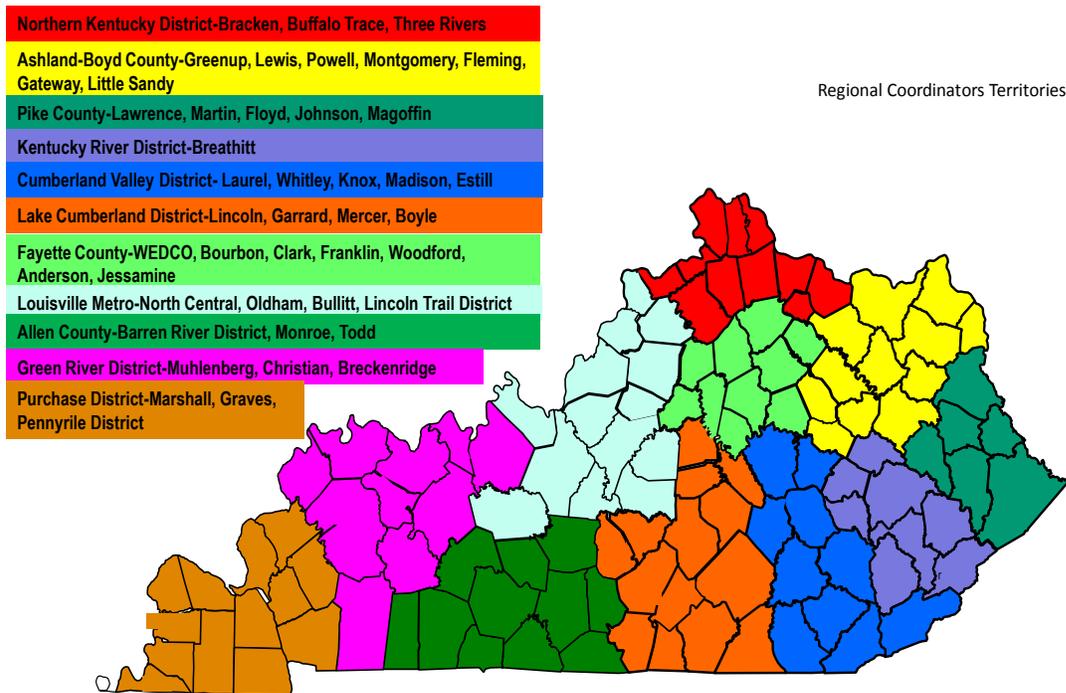
WIC is the “Supplemental Nutrition Program for Women, Infants and Children.” It is a Federally-funded program serving pregnant and breastfeeding women, infants, and children ages 1-5. Participants qualify based on household income and nutritional risk. WIC provides nutrition counseling to promote a healthy pregnancy and healthy infants and children. WIC also provides food instruments to purchase healthy foods, including milk, cheese, beans, juice, cereal, and infant formula.

The Kentucky WIC Program supports breastfeeding by including information during nutrition counseling, offering classes, and linking mothers to resources at the hospital and through physicians. WIC offers a variety of breast pumps to help mothers who may have a medical need or will be returning to work or school and need help maintaining their milk supply. WIC also offers information and training to staff at health departments, hospitals, and clinics to help health care professionals stay abreast of developments in lactation counseling and management.



**What is a “Regional Breastfeeding Coordinator”?**

The Kentucky WIC Program has identified a breastfeeding resource person in eleven (11) areas of the state. This person, known as a “Regional Breastfeeding Coordinator,” provides additional assistance in protecting, promoting, and supporting breastfeeding. This can include public information and media outreach, attending community events and health fairs, participating in health services planning, organizing continuing education opportunities, and lecturing to students in primary, secondary, and post-secondary schools. Each Regional Breastfeeding Coordinator covers a broad region in Kentucky.



January 2011

**What is a “Breastfeeding Peer Counselor”?**



## **What is the Expanded Food and Nutrition Education Program**

### **(EFNEP)?**

The goal of the Expanded Food and Nutrition Education Program (EFNEP) is to educate limited resource people with young children to acquire knowledge, improve skills and change behavior necessary for achieving health and well-being. It has effectively increased the families' ability to manage a limited food budget and select more nutritious diets.



## **What is the Food Stamp Nutrition Education (FSNE) Program?**

The goal of Food Stamp Nutrition Education (FSNE) is to improve the likelihood that Food Stamp Program participants and applicants will make healthy choices within a limited budget and choose active lifestyles consistent with the current Dietary Guidelines for Americans and the Food Guide Pyramid.

Breastfeeding is an important component in the development of these strong and healthy families. UK CES has partnered with the Shape the Future Steering Team to assist in increasing the incidence and duration of breastfeeding. Louise Moore, Program Development Coordinator and Nutrition Education Coordinator for EFNEP and FSNE, has been a steering team member and part of the Loving Support training from the beginning of the grant. Through this collaboration, all new paraprofessionals with EFNEP and FSNE are trained on breastfeeding basics.

To locate the cooperative UK CES office in your county go to [www.ca.uky.edu/county](http://www.ca.uky.edu/county).



## Pumps and Breastfeeding Equipment

Breast pumps come in a variety of styles and price ranges. Selection of a pump depends on its purpose.

- **Hospital-grade electric breast pumps** may be needed for high-risk mothers and babies to establish and maintain lactation during periods of extended separation or other medical problems. These pumps typically use a “double” pump kit to express both breasts simultaneously. These pumps are very expensive, and so are usually rented, though some families pumping for several months may choose to purchase. Many insurance companies, including the Kentucky Medicaid Program, reimburse for electric breast pump rental only when a breastfeeding baby is hospitalized. Other programs, such as Kentucky WIC, can reimburse if there is a medical need and mother and baby are not separated. A prescription is needed from the baby’s doctor stating the need for the baby to have his or her mother’s breast milk. The prescription must be taken to the WIC office for processing.
  
- **Personal electric breast pumps** are appropriate for women who are breastfeeding well and also need to pump regularly during the day. These are often women who have returned to the workplace or to school. These pumps are also able to express both breasts simultaneously.
  
- **Hand Pumps** are appropriate for women who have a thriving, breastfed baby and wish to pump occasionally. They are also useful for providing short-term relief from engorgement or for pumping due to missed feedings. There are many different styles and manufacturers of hand pumps. Most express one breast at a time.

The table below provides examples of several companies who manufacture breast pumps. This is not an all- inclusive list. For more information on these companies, their product lines, and retail outlets, call their phone numbers or visit their websites.

Company	Hospital-Grade	Personal Electric	Personal Battery	Hand	Other Accessories
Ameda/Egnell/Evenflo 2000 Hollister Drive Libertyville, IL 60048-3781 (866) 99-Ameda <a href="http://www.ameda.com">www.ameda.com</a>	SMB pump Elite Lact-E Lact-E light	Purely Yours		One-Hand pump  Generic Cylinder pump	Large flanges
Medela, Inc. 1101 Corporate Drive McHenry, IL 60050 (800) 435-8316 <a href="http://www.medela.com">www.medela.com</a>	Lactina Symphony	Pump In Style Double Ease Mini-Electric		Harmony Spring Express ManualEase Little Hearts	Large flanges  Foot-pedal pump
Hygeia II Medial Group Inc. 1370 Decision Street, Suite C Vista, CA 92081 (888)Pump-4-mom <a href="http://www.hygeiababy.com">www.hygeiababy.com</a>	Endeare	Enjoye		Hygeia Manual Pump	Expression Hazelbaker Fingerfeeder

## **Guidelines for Providing Breast Pumps through the WIC Program**

All WIC agencies distributing breast pumps must have written policies concerning the distribution of breast pumps. Written policies promote consistency in education and documentation and reduce agency liability.

The following general policies apply:

1. Certifying Health Professionals issuing and providing education about the use of breast pumps must have adequate skills and training to provide these services.
2. Policies should identify the health professional(s) within each agency/site who can:
  - Evaluate a woman's need for a breast pump;
  - Authorize the provision of a pump;
  - Issue a pump;
  - Teach hand massage and expression to use in conjunction with the pump;
  - Teach women how to use the pump;
  - Provide backup if the designated health professional(s) are not available;
  - Provide follow-up services; and
  - Train other staff regarding breastfeeding and issuance of breast pumps.
3. Collection kits or manual breast pumps cannot be reused, sterilized or loaned to more than one person. Every client needs a new or sterile manual pump or collection kit for electric breast pumps.
4. Each request for a pump should be evaluated to determine which type of breast pump or hand expression best meets the breastfeeding mother's needs.
  - **Manual pumps** are useful for providing short-term relief from engorgement or for pumping due to missed feedings. These pumps can be provided for breastfeeding women who have delivered their baby.
  - **Electric pumps (hospital grade)** may be needed for high-risk mothers and babies to establish and maintain lactation during periods of extended separation or other medical problems. These pumps are provided to breastfeeding women with a prescription after delivery of the baby. (e.g. Symphony, Elite, and EnDeare)
  - **Electric pumps (single user)** may be needed for women going back to work or school. (e.g. Pump in Style, Purely yours)
5. The purchase, distribution and recovery of breast pumps should be managed the same as any other piece of equipment purchased by an agency in order to prevent theft or unauthorized use or distribution.
  - a) Store all pumps and collection kits in an area or cabinet that can be locked.
  - b) Permanently mark loaner pumps as "property of the WIC Program" and include local health department name, address, and telephone number.
  - c) Maintain perpetual inventory of all breast pumps. See the sample logs included in this section. The Single User Breast Pump Log is for the single user electric breast pumps. The Multi User Hospital Grade Breast Pump Control/Tracking Log is for multi-user loaner pumps.
  - d) Perform physical inventory of all breast pumps on a monthly basis.

- 1) A person other than the person(s) that issues the breast pumps must do the inventory.
  - 2) Any method that reflects the actual number of breast pumps on hand from the last month plus the additional breast pumps received during the current month minus all breast pumps issued during the current month is acceptable.
  - 3) The actual number on hand for each type of breast pump and the name and signature of the person that did the physical count and date of verification must be maintained. All breast pumps must be accounted for during the inventory.
- e) Store new pumps and collection kits should in unopened packaging as received by the manufacturer.
  - f) Identify staff member(s) who are responsible for the cleaning, disinfecting and maintenance of breast pump motors.
  - g) Follow the recommended maintenance schedule for each type of breast pump.
  - h) Establish procedures for retrieving pumps that are lost, stolen, or otherwise not returned.
6. Breastfeeding women must receive accurate information about assembling, using and cleaning breast pumps and collection kits.
    - a) Identify and distribute to the participant materials with accurate pictures or drawing of the pump. It is recommended to use the patient instruction sheet from the breast pump manufacturer.
    - b) Provide participant with a demonstration or show actual use of the pump.
    - c) Ensure participant can assemble and disassemble the pump before leaving.
    - d) Provide information to the breastfeeding woman regarding the manufacturer's direction about washing or sterilizing the pump and collection kit.
    - e) Ensure the participant receives printed materials about cleaning procedures.
  7. Breastfeeding women must receive accurate information about collecting, storing and warming expressed breast milk to maintain the quality and safety of the milk for later feeding. The mother must be instructed to use thawed milk within 24 hours after thawing.

General Guidelines for Storage of Breast milk:

Location	Temperature	Duration
Room Temperature	Up to 77°F	6-8 hours
Insulated Cooler Bag	5-39°F	24 hours
Refrigerator	39°F	5 days
Freezer compartment of refrigerator	5°F	2 weeks
Freezer compartment of refrigerator with separate doors	0°F	3-6 months
Chest of upright deep freeze	-4°F	6-12 months

Data from Centers for Disease Control and Prevention: Proper Handling and Storage of Human Milk.

[http://www.cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm](http://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm).

8. Document the issuance of a breast pump and the counseling received in the participant's record. The following is the minimum documentation:

- a) Reason for issuing the pump;
  - b) Type of pump provided;
  - c) An evaluation of the participant’s understanding about using and cleaning the pump;
  - d) A summary of the counseling provided; and
  - e) Plans for follow-up.
9. Obtain a written agreement prior to issuance of the electric pumps. A copy of this form must be placed in the participant’s record. See the sample Kentucky WIC Program Multi-User/Hospital Grade Electric Breast Pump Agreement.
10. Obtain Verification of informed consent from all patients receiving breast pumps. A copy of this form must be placed in the participant’s record. See the sample Health Department Breastfeeding Management/Care, Support, and Follow-up Verification of Informed Consent. Check with your legal counsel regarding verification of informed consent for any necessary agency changes.
11. After issuance of the pump, a breastfeeding woman should receive follow-up services within 24-72 hours as outlined in below:

Reason for pump:	Follow-Up Schedule:
A breast pump is issued for medical reasons	<ul style="list-style-type: none"> <li>• Make initial follow-up contact within 24 hours;</li> <li>• Follow-up by phone weekly;</li> <li>• Ensure regular face-to-face follow-up with a breastfeeding specialist(i.e. Certified Lactation Consultant (CLC)/Certified Lactation Specialist (CLS) or International Board Certified Lactation Consultant (IBCLC); and</li> <li>• If the baby is not hospitalized, ensure baby’s weight is checked by a medical provider at check-up visits</li> </ul>
A breast pump is issued for frequent use due to separation for work or school	<ul style="list-style-type: none"> <li>• Refer to a peer counselor, if available, If not, refer to breastfeeding specialist;</li> <li>• Make initial contact within 24-72 hours;</li> <li>• Provide biweekly follow-up by phone; and</li> <li>• Ensure regular follow up as appropriate.</li> </ul>
A manual pump is issued for occasional use	<ul style="list-style-type: none"> <li>• Refer to a peer counselor, if available, If not, refer to breastfeeding specialist;</li> <li>• Make initial contact within 24-72 hours;</li> <li>• Provide biweekly follow-up by phone; and</li> <li>• Ensure regular follow up as appropriate.</li> </ul>

## Policies on Loaning/Renting Electric Breast Pumps through the WIC

### Program (Hospital Grade)

1. For families that are participating in the WIC Program and do not qualify for the Medicaid Program, loan/rental of an electric breast pump can be essential in establishing or maintaining an adequate milk supply when there is maternal/infant illness during mother/infant separations such as hospitalization, and for breastfeeding women who have temporary breastfeeding problems such as engorgement.
2. If the infant or mother has a Medical Card and they are separated due to a medical condition, the Medicaid program must be billed **FIRST**. The pump will be provided by the hospital in this situation and WIC will pick up the cost of the pump (if needed) when discharged. Please contact the Medicaid Program for questions or assistance in Medicaid eligible situations.
3. To authorize loan/rental through WIC, the following criteria must be met:
  - a) The breastfeeding mother must be a WIC participant.
  - b) The electric breast pump is needed due to a medical condition. This may be due to the mother and baby being separated due to medical reasons. For example:
    - i) the mother has delivered, been released from the hospital, and has to leave the infant in the hospital;
    - ii) the mother has to be readmitted to the hospital for a surgery or procedure; or
    - iii) the mother has never left the hospital but the baby has been released and the hospital does not have a pump for the mother to use.
  - c) A prescription must be received prior to issuance of any breast pump. The prescription must specify the medical condition, the time period the pump is needed, and be signed by a physician, physician assistant, or Advanced Registered Nurse Practitioner (ARNP).
  - d) The prescription cannot be for a time period of longer than three (3) months.
4. Procedures to loan a hospital grade breast pump:

If the health department has multi user hospital grade breast pumps available:

  - a) Upon receipt of a properly completed prescription, and prior to receiving the pump, the breastfeeding woman must receive a demonstration/information on how to:
    - i) properly use;
    - ii) assemble and disassemble;
    - iii) clean the breast pump; and
    - iv) proper assembly, disassembly and use of the pump.
  - b) Counseling must be provided on:
    - i) hand expression;
    - ii) importance of continuing to feed baby at the breast (if it is possible to feed baby at breast);
    - iii) breast milk pumping frequency;
    - iv) locations to pump breastmilk;
    - v) length of pumping sessions;
    - vi) collection of breast milk;
    - vii) storage of breast milk; and
    - viii) warming and feeding breast milk.
  - c) Complete Kentucky WIC Program Multi-User/Hospital Electric Breast Pump Agreement (see sample):

- i) Review the Agreement with the client and obtain her signature, name, address and applicable telephone numbers. Emphasize the pump is the property of the Local Health Department and must be returned.
    - ii) Request another contact's name and telephone number. This is to be able to contact the client if they move from the address that they have provided.
    - iii) Document the pump number on the bottom of the agreement.
    - iv) When the pump is returned, document the date returned and the condition of the pump.
  - d) Follow-up within 24 hours of issuing the pump to ensure the breastfeeding woman is properly using the pump, to answer questions and to offer support. Refer to breastfeeding peer counselor, if available at your location.
  - e) Follow-up must be performed to ensure that the pump is returned on time. If the prescription has expired and the pump is still needed, another prescription must be obtained. If the patient presents with a new prescription and the prescription is for more than one month, follow-up monthly with the breastfeeding woman to make sure she is still using the pump and not having any problems.
  - f) Cleaning and Maintenance
    - When a multi-user pump is returned to the clinic:
      - i) Wear protective gloves when handling the pump;
      - ii) Check for return of all parts;
      - iii) Visually check the pump for signs of insect and rodent infestation;
      - iv) Place the entire pump and pump case in a sealed heavy-duty plastic bag for two (2) to three (3) days. This will usually kill any insects that have crawled into the pump motor casing or pump case;
      - v) After two (2) to three (3) days, remove pump from bag and spray front and back air vents with compressed air. Tilt pump forward and tap gently on hard surface. If there is an infestation, it will be noticed at this time;
      - vi) Test the pump to ensure it is in good working order;
      - vii) Assess the pump for damage; document the damage and send the pump for repair as needed;
      - viii) Clean pump motor casing and pump case with disinfectant, as recommended by manufacturer; and
      - ix) Document pump cleaning on Multi-User Hospital Grade Breast Pump Control/Tracking Log. See sample.
5. Procedures to rent a hospital grade electric breast pump:
- If the multi-user hospital grade breast pump must be rented from a DME or rental station:
- a) Initiation of the WIC-100 will be done at the health department. See the Hospital Electric Breast Pump Rental form (WIC-100).
  - b) Upon receipt of a properly completed prescription, contact an area breast pump rental station or a Durable Medical Equipment Company (DME) to determine if the company has a pump available for rental. If a local breast pump rental facility cannot be found, call the State Agency for assistance. If the breastfeeding woman used an electric breast pump in the hospital and retained the breast pump kit, try to locate the same type of pump.
  - c) The professional signing on line fourteen (14) of the WIC-100 must ensure the breastfeeding woman received pertinent breastfeeding information, if it has not been provided by the hospital or doctor's office.
  - d) Complete the Nutrition Services Branch Electric Breast Pump Rental form (WIC-100).
  - e) **Send WIC-100 and prescription with client and instruct client to present these to breast pump rental station or DME.**

- f) Follow-up within 24 hours of pump rental to ensure the breastfeeding woman is properly using the pump, to answer questions and to offer support.
- g) **Follow-up must be performed to ensure that the pump is returned on time.** If the prescription has expired and the pump is still needed, another prescription must be obtained. If the patient presents with a new prescription, another WIC-100 must be completed. If the prescription is for more than one month, follow-up monthly with the breastfeeding woman to make sure she is still using the pump and not having any problems.
- h) Participant Procedures:
  - i) The breastfeeding woman must sign the Kentucky Electric Breast Pump Rental Agreement (WIC-100) on line sixteen (16).
  - ii) The breastfeeding woman presents the WIC-100 and prescription to the breast pump rental station or DME. (The breast pump rental facility may deliver the pump to the home. In this instance, the WIC-100 is given to the company when the pump is delivered).
- i) The Durable Medical Equipment Company (DME) or Breast Pump Rental Station representative signs the WIC-100 on line eighteen (18) and sends the original WIC-100 to the State Agency within 30 days for completion of the rental period with a copy of the prescription and an invoice, containing an invoice number from the DME.
- j) If the participant presents the breast pump to your agency, return the breast pump to the originating DME.

# International and National Educational and Organizational

## Resources

Breastfeeding Education Resources/Organization for Parents	Internet Address	Comment
AAP Parent information on breastfeeding	<a href="http://www.aap.org/healthtopics/breastfeeding.cfm">http://www.aap.org/healthtopics/breastfeeding.cfm</a>	FAQ, on-line and print resources available for counseling parents
Breastfeeding Online (Cindy Curtis)	<a href="http://www.breastfeedingonline.com">www.breastfeedingonline.com</a>	Patient education materials, advocacy, health professional resources.
Childbirth Graphics/WRS Group 1-800-299-3366 ext. 287	<a href="http://www.childbirthgraphics.com">www.childbirthgraphics.com</a>	Patient education videos, pamphlets, props.
Food and Nutrition Info Service, USDA, Infant feeding materials links	<a href="http://www.nal.usda.gov/childcare/Links/infantfeeding.html">http://www.nal.usda.gov/childcare/Links/infantfeeding.html</a>	On-line links to various patient education flyers and pamphlets from around the US.
Geddes Productions	<a href="http://www.geddesproduction.com">www.geddesproduction.com</a>	Patient education videos, slides, product reviews.
Hollister / Ameda	<a href="http://www.ameda.com">www.ameda.com</a>	Breast pump manufacturer; patient education handouts
ibreastfeeding	<a href="http://www.ibreastfeeding.com">www.ibreastfeeding.com</a>	Breastfeeding and parenting books, calendars, coloring pages for children.
Injoy	<a href="http://www.injoyvideos.com">www.injoyvideos.com</a>	Patient education videos.
Lact-Aid International	<a href="http://www.lact-aid.com">www.lact-aid.com</a>	Breastfeeding tool for supplementing at breast. On-line catalog
La Leche League International 1-800-La Leche	<a href="http://www.lalecheleague.org">www.lalecheleague.org</a>	On-line information pages, find Leaders and Groups, on-line catalog
Medela, Inc.	<a href="http://www.medela.com">www.medela.com</a>	Breast pump manufacturer; patient education handouts
Medline Plus (National Library of Medicine)	<a href="http://www.nlm.nih.gov/medlineplus/breastfeeding.html">www.nlm.nih.gov/medlineplus/breastfeeding.html</a>	Parent-oriented web-pages and handouts on breastfeeding
National Breastfeeding Awareness Campaign (DHHS Office of Women's Health)	<a href="http://www.4woman.gov/breastfeeding/">www.4woman.gov/breastfeeding/</a>	Frequently Asked Questions, posters, Public Service Announcements, etc. for media campaign.
Noodle Soup 1-800-795-9295	<a href="http://www.noodlesoup.com">www.noodlesoup.com</a>	Patient education videos, pamphlets, pens, clothing.
Vida Health Communications	<a href="http://www.vida-health.com">www.vida-health.com</a>	Patient education videos.
WIC Works Resource Center	<a href="http://www.nal.usda.gov/wicworks">www.nal.usda.gov/wicworks</a>	Patient education materials designed by WIC programs.

State Breastfeeding Site	<a href="https://chfs.ky.gov/dph/mch/ns/breastfeeding.htm">https://chfs.ky.gov/dph/mch/ns/breastfeeding.htm</a>	
Breastfeeding.com	<a href="http://www.breastfeeding.com">www.breastfeeding.com</a>	Information and retail site for breastfeeding families
La Leche League International (LLLI) 1400 North Meacham Road Schaumburg, IL 60173-4840 Phone: 800-LA-LECHE (Call to seek support) Phone: (847) 519-7730 Phone: (847) 519-9585 (customer service) FAX: (847) 519-0035	<a href="http://www.lalecheleague.org">www.lalecheleague.org</a>	Original mother-to-mother support organization. Large on-line and print catalog of materials for families and health care professionals. Large biennial conference for mothers and health professionals;
La Leche League of Kentucky	<a href="http://www.llleus.org/state/Kentucky;.html">http://www.llleus.org/state/Kentucky;.html</a>	Groups and leaders in different regions throughout Kentucky
La Leche League in other states	<a href="http://www.lll.org/webus.html">http://www.lll.org/webus.html</a>	Webpage index to find groups in other states in the US.

<b>Breastfeeding Resources for Health Professionals- Practice Guidelines and Statements</b>	<b>Internet Address</b>	<b>Comment</b>
Breastfeeding Best Practice Guidelines for Nurses	<a href="http://www.rnao.org/bestpractices">www.rnao.org/bestpractices</a>	Evidence-based practices for breastfeeding, developed in Canada
CDC Growth Charts	<a href="http://www.cdc.gov/growthcharts/">www.cdc.gov/growthcharts/</a>	
Healthy People 2020	<a href="http://www.healthypeople.gov">www.healthypeople.gov</a>	National goals for breastfeeding, nutrition and health.
Human milk storage and handling for hospital and home	<a href="http://www.hmbana.org">www.hmbana.org</a>	New 'best practices' document, available for sale.
National Child Care Health Standards	<a href="http://nrc.kids.org">http://nrc.kids.org</a>	Child care center standards with extensive information on infant nutrition, including breastfeeding, solids, and milk storage guidelines. Website also has childcare regulations for all states in the US.
National Guideline Clearinghouse	<a href="http://www.guideline.gov">www.guideline.gov</a>	Wide variety of practice guidelines for health care

New York State Department of Health "Breastfeeding Curriculum, grades K-12"	<a href="http://www.health.state.ny.us/nysdoh/b_feed/level1.htm">www.health.state.ny.us/nysdoh/b_feed/level1.htm</a>	School curriculum incorporating breastfeeding topics
WIC Works Resource Center	<a href="http://www.nal.usda.gov/wicworks">www.nal.usda.gov/wicworks</a>	Policy materials designed by WIC programs.
Breastfeeding and Human Lactation (online course) Box 41 Wichita, Kansas 67260-0041 Phone: (316) 978-5737 (316) 838-4341 (H) FAX: (316) 978-3094	E-mail: <a href="mailto:jriordan@cox.net">jriordan@cox.net</a>	On-line course through Wichita State University College of Nursing.
Breastfeeding Support Consultants 1613 Burning Trail Wheaton, IL 60187 Phone: (630) 547-5057	<a href="http://www.bsccenter.org">www.bsccenter.org</a> E-mail: <a href="mailto:pallyn@bsccenter.org">pallyn@bsccenter.org</a>	Lactation management courses.
Bright Future Lactation Resource Centre 6540 Cedarview Court Dayton, OH 45459 Phone: (937) 438-9458 Phone: (888) 235-7201 FAX: (937) 438-3229	<a href="http://www.bflrc.com">www.bflrc.com</a> E-mail: <a href="mailto:lindaj@bflrc.com">lindaj@bflrc.com</a>	Lactation management courses, patient education materials.
Center for Breastfeeding-Healthy Children 2000 327 E.t Quaker Meeting House Rd East Sandwich, MA 02537 Phone: (508) 888-8044 FAX: (508) 888-8050	<a href="http://www.healthychildren.cc">www.healthychildren.cc</a> E-mail: <a href="mailto:info@healthychildren.cc">info@healthychildren.cc</a>	Lactation management courses, conferences.
Health e-Learning P. O. Box 2405 Chermside Centre 4032 Australia Phone: +61-7-3263-8127 FAX: +61-7-3862-8651	<a href="http://www.health-e-learning.com/">www.health-e-learning.com/</a> E-mail: <a href="mailto:denise@health-e-learning.com">denise@health-e-learning.com</a>	On-line distance learning lactation management courses, based in Australia.

Lactation Education Consultants 618 N. Wheaton Avenue Wheaton, IL 60187 Phone: (630) 260-4847 FAX: (630) 260-8879	<a href="http://www.lactationeducationconsultants.com">www.lactationeducationconsultants.com</a> E-mail: <a href="mailto:LECOffice@aol.com">LECOffice@aol.com</a>	Lactation management courses.
Lactation Education Resources 3621 Lido Place Fairfax, VA 22031 Phone: (703) 691-2069 FAX: (212) 838-6930	<a href="http://www.LERon-line.com">www.LERon-line.com</a> <a href="mailto:www.leronline@yahoo.com">www.leronline@yahoo.com</a>	Lactation management courses, clinical practice information, on-line continuing education, patient education handouts
Physician Breastfeeding Basics (Case Western Reserve Univ).	<a href="http://breastfeedingbasics.org/">http://breastfeedingbasics.org/</a>	Non-commercial, on-line breastfeeding information 'short course' targeting health professionals; CME credit available
British Medical Journal	<a href="http://www.bmj.com/bmj/">www.bmj.com/bmj/</a>	On-line subscription available FREE.
Dental/oral health and Breastfeeding Brian Palmer)	<a href="http://brainpalmertds.com">http://brainpalmertds.com</a>	PowerPoint presentations and articles on sleep apnea, caries, SIDS, otitis media for health professionals.
ibreastfeeding	<a href="http://www.ibreastfeeding.com">www.ibreastfeeding.com</a>	Web-based, publishes breastfeeding reference books (Pharmasoft Publishing), hosts annual conference.
Jones & Bartlett Publishing	<a href="http://www.jbpub.com">www.jbpub.com</a>	Publishes bf reference books.
Journal of the American Medical Association (JAMA)	<a href="http://www.jama.ama-assn.org">www.jama.ama-assn.org</a>	On-line subscription available.
Journal of Human Lactation	<a href="http://jhl.sagepub.com">http://jhl.sagepub.com</a>	Subscription with ILCA membership; individual articles purchasable.
Lancet	<a href="http://www.thelancet.com/">www.thelancet.com/</a>	On-line subscription available FREE
Linkages	<a href="http://www.linkagesproject.org">www.linkagesproject.org</a>	Provides technical guidance to developing countries. Publications on breastfeeding, complementary foods, for health care providers and parents.
Maternal Child Nursing (MCN)	<a href="http://www.MCNjournal.com">www.MCNjournal.com</a>	
National Center for Education in Maternal & Child Health	<a href="http://www.ncemch.org">www.ncemch.org</a>	Library with numerous US policy and program documents on breastfeeding

National Center for Health Statistics	<a href="http://www.cdc.gov">www.cdc.gov</a>	CDC center collecting and analyzing health stats for HP2020 and others
New England Journal of Medicine	<a href="http://www.nejm.org">www.nejm.org</a>	
Pediatric Journal of Gastroenterology and Nutrition	<a href="http://www.jpagn.org">www.jpagn.org</a>	
Pediatrics	<a href="http://pediatrics.aappublications.org/current.dtl">http://pediatrics.aappublications.org/current.dtl</a>	On-line abstracts available FREE; current issue.
PubMed (National Library of Medicine)	<a href="http://www.ncbi.nlm.nih.gov/sites/entrez">http://www.ncbi.nlm.nih.gov/sites/entrez</a>	On-line search engine for scientific journals.
Wellstart International P.O. Box 80877 San Diego, CA 92138-0877 Phone: (619) 295-5192 FAX: (619) 574-8159	<a href="http://www.wellstart.org">www.wellstart.org</a> E-mail: <a href="mailto:info@wellstart.org">info@wellstart.org</a>	A leader in breastfeeding policy and lactation management. Website hosts several publications, including curricula for medical, nursing, and dietetics programs.
Baby Milk Action UK	<a href="http://www.babymilkaction.org">www.babymilkaction.org</a>	IBFAN group from Britain
Coalition to Improve Maternity Services (CIMS)	<a href="http://www.motherfriendly.org">www.motherfriendly.org</a>	Lead on improving birth care, primarily in the US; lead organization on the "Mother-Friendly Childbirth Initiative." Annual Conference
Healthy Mothers, Healthy Babies 409 12 <sup>th</sup> Street SW, Suite 309 Washington, DC 20024-2188 Anita Boles Phone: (202) 863-2458	<a href="http://www.hmhb.org">www.hmhb.org</a>	National group addressing various health issues for mothers and children.
INFACT Canada 6 Trinity Square Toronto M5G 1B1 Ontario P.O. Box 781 Canada Phone: (+1) 416-595-9819 FAX: (+) 416-591-9355	<a href="http://www.infactcanada.ca/">http://www.infactcanada.ca/</a> Secure website for on-line ordering. North American IBFAN Coordinating center.  E-mail: <a href="mailto:infect@ttn.net">infect@ttn.net</a>	Canadian non-governmental organization that works to protect infant and young child health as well as maternal well-being through the promotion and support of breastfeeding and optimal infant feeding practices. Website has resources for advocacy and information.

International Baby Food Action Network (IBFAN)	<a href="http://www.ibfan.org">www.ibfan.org</a>	A network of public interest groups working around the world to reduce infant and young child morbidity and mortality. Lead organization on global monitoring of the WHO Code of Marketing of Breast milk Substitutes. Website has Code document and monitoring reports as well as breaking news on issues compromising breastfeeding. INFACT-Canada is North American IBFAN coordinator.
National Alliance for Breastfeeding Advocacy (NABA) 254 Conant Road Weston, MA 02493-1756 FAX:(781) 893-8608	<a href="http://www.naba-breastfeeding.org">www.naba-breastfeeding.org</a> E-mail: <a href="mailto:marshalact@aol.com">marshalact@aol.com</a>	Not-for-profit organization advocating for breastfeeding legislation and policy. Monitors formula industry and US government activities relevant to infant feeding.
National Breastfeeding Awareness Campaign (DHHS Office of Women's Health)	<a href="http://www.4woman.gov/breastfeeding/">www.4woman.gov/breastfeeding/</a>	Frequently Asked Questions, posters, Public Service Announcements, etc. for media campaign.
National Breastfeeding Media Watch (NBMW)	<a href="http://www.dshs.state.tx.us/wichd/lactate/media.shtm">http://www.dshs.state.tx.us/wichd/lactate/media.shtm</a> E-mail: <a href="mailto:chan.mcdermott@dshs.state.tx.us">chan.mcdermott@dshs.state.tx.us</a>	A program of the Texas Department of Health, NBMW collects information on media portrayals of breastfeeding (good and bad) and advocates for normalizing healthy breastfeeding attitudes.
Promotion of Mother's Own Milk (PROMOM)	<a href="http://www.promom.org/101/">www.promom.org/101/</a>	Grass-roots advocacy; 101 reasons to bf; organizes 'National Nurse Out'.
Texas Department of Health Website for Breastfeeding Promotion	<a href="http://www.dshs.state.tx.us/wichd/lactate.default.shtm">www.dshs.state.tx.us/wichd/lactate.default.shtm</a>	Health professional and client (WIC) oriented bf materials.
United States Breastfeeding Committee	<a href="http://www.usbreastfeeding.org">www.usbreastfeeding.org</a>	A coalition of health, advocacy and governmental organizations working collaboratively to protect, promote and support breastfeeding and thereby improve the nation's health. Website contains several issue papers and position statements.
USDA-WIC Breastfeeding Home Page	<a href="http://www.fns.usda.gov/wic/Breastfeeding/breastfeedingmainpage.htm">www.fns.usda.gov/wic/Breastfeeding/breastfeedingmainpage.htm</a>	

World Alliance for Breastfeeding Advocacy (WABA) P. O. Box 1200 10850 Penang, Malaysia Phone: (604) 658-4816 FAX: (604) 657-2655	<a href="http://www.waba.org.my">www.waba.org.my</a> E-mail: <a href="mailto:waba@streamyx.com">waba@streamyx.com</a>	Lead organization for World Breastfeeding Week. Also involved in international advocacy on HIV, working mothers and infant marketing controls. Website has a variety of documents including World Breastfeeding Week Action Folders and Lactation Amenorrhea Method Frequently Asked Questions.
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<b>Organizations: Health Care Professionals</b>	<b>Internet Address</b>	<b>Comment</b>
Academy of Breastfeeding Medicine (ABM) 191 Clarksville Road Princeton Junction, NJ 08550 Phone: (877) 836-9947 ext. 25 FAX:(609) 799-7032 Phone: Local/International: (609) 799-6327	<a href="http://www.bfmed.org">www.bfmed.org</a> E-mail: <a href="mailto:ABM@bfmed.org">ABM@bfmed.org</a>	A worldwide organization of physicians dedicated to the promotion, protection and support of breastfeeding and human lactation. Website has a number of protocols for breastfeeding families, including hypoglycemia, mastitis, co-sleeping, and human milk storage.
American Academy of Family Physicians Phone: (800) 274-2237	<a href="http://www.aafp.org">www.aafp.org</a> <a href="http://www.familydoctor.org/019.xml">www.familydoctor.org/019.xml</a> : breastfeeding site	
American Academy of Pediatrics 141 NW Point Blvd. Elk Grove Village, IL 60009-0927 Phone: (847) 434-4000 Betty L. Crase, Program Mgr. Phone: (847) 434-4779 Phone: (800) 436-9016	<a href="http://www.aap.org">www.aap.org</a>  <a href="http://www.aap.org/healthtopics/breastfeeding.cfm">www.aap.org/healthtopics/breastfeeding.cfm</a>	A number of print, published and on-line resources for breastfeeding for families and health professionals. 2 <sup>nd</sup> URL links to policy statements and treatment guidelines relevant to breastfeeding.
American College of Nurse Midwives	<a href="http://www.midwife.org">www.midwife.org</a>	
American Dietetic Association	<a href="http://www.eatright.org">www.eatright.org</a>	
Baby-Friendly Hospital Initiative, USA	<a href="http://www.babyfriendlyusa.org/eng/index.html">http://www.babyfriendlyusa.org/eng/index.html</a>	Lead organization for Baby-Friendly Hospital Initiative in the US.

<p>Human Milk Banking Association of North America 1500 Sunday Drive, Suite 102 Raleigh, NC 27607 Phone: (919) 861-4530 ext. 226</p>	<p><a href="http://www.hmbana.org">www.hmbana.org</a> E-mail: <a href="mailto:aprather@olsonmgmt.com">aprather@olsonmgmt.com</a></p>	<p>The professional association for human milk banks in Canada, Mexico and the United States. Website has information on donor milk banking, locations of milk banks, and practice guidelines for storage, handling and use of mother's milk and donated milk.</p>
<p>International Board of Lactation Consultants Examiners (IBLCE) 7309 Arlington Blvd., Suite 300 Falls Church, VA 22042-3215 Phone: (703) 560-7330</p>	<p><a href="http://www.iblce.org">www.iblce.org</a> E-mail: <a href="mailto:iblce@erols.com">iblce@erols.com</a></p>	<p>Accredited examination organization to credential IBCLC Lactation Consultants. Website hosts extensive information about the exam, including criteria to qualify, dates and locations.</p>
<p>International Childbirth Education Association (ICEA)</p>	<p><a href="http://www.icea.org">www.icea.org</a></p>	
<p>International Lactation Consultants Association (ILCA) 1500 Sunday Drive, Suite 102 Raleigh, NC 27607 Phone: (919) 787-5181 FAX: (919) 787-4916</p>	<p><a href="http://www.ilca.org">www.ilca.org</a> E-mail: <a href="mailto:info@ilca.org">info@ilca.org</a></p>	<p>Professional association for lactation consultants and other health professionals involved in lactation management. Website hosts policy documents and independent study modules. Large annual conference.</p>
<p>International Society for Research in Human Milk &amp; Lactation</p>	<p><a href="http://www.isrhml.org/">www.isrhml.org/</a></p>	
<p>Kentuckiana Lactation Improvement Coalition c/o: (859) 288-2348 or (502) 574-5279.</p>	<p>Email: <a href="mailto:Dorainef.Bailey@ky.gov">Dorainef.Bailey@ky.gov</a></p>	<p>Professional association for lactation consultants in Kentucky and S. Indiana, non-profit affiliate of ILCA.</p>



## **Kentucky Breastfeeding Coalitions**

### **Lactation Improvement Network of Kentucky (LINK)**

Area: Statewide  
Meeting Location: Central Kentucky  
Contact Information: **Marlene Goodlett**  
KY Department for Public Health, Nutrition Services  
Branch  
(502) 564-3827 Ext. 3612  
[Marlene.Goodlett@ky.gov](mailto:Marlene.Goodlett@ky.gov)  
Meeting Dates: Bi-monthly – even numbered months  
Newsletter: Yes

### **Kentuckiana Lactation Improvement Coalition (KLIC)**

Area: Central Kentucky, Indiana  
Meeting Location: Louisville  
Contact Information: **Barbara Ruedel**  
Louisville Metro Health Department  
(502) 574-5279  
[Barbara.Ruedel@loukymetro.org](mailto:Barbara.Ruedel@loukymetro.org)  
**Doraine Bailey**  
Lexington-Fayette County Health Department  
(859) 288-2348  
[DoraineF.Bailey@ky.gov](mailto:DoraineF.Bailey@ky.gov)  
Meeting Dates: Quarterly  
Breastfeeding Conference: Annually  
Newsletter: No

### **Eastern Kentucky Breastfeeding Coalition**

Area: Eastern KY  
Contact information: **Jan Johnson**  
Pike County Health Department  
(606) 437-5500  
[JanE.Johnson@ky.gov](mailto:JanE.Johnson@ky.gov)  
Meeting Dates: Varies  
Breastfeeding Conference: Annually  
Newsletter:



### **Western Kentucky Breastfeeding Coalition**

Area: Western Kentucky, Tennessee  
Meeting Location: Varies  
Contact Information: **Merritt Bates Thomas**  
Green River District Health Department  
(270) 852-5561  
[Merritt.Thomas@ky.gov](mailto:Merritt.Thomas@ky.gov)  
**Johnna Black**  
Purchase District Health Department  
(270) 444-9631  
[JohnnaF.Black@ky.gov](mailto:JohnnaF.Black@ky.gov)  
**Dana Bennett**  
Allen County Health Department  
(270) 237-4423  
[Dana.Bennett@ky.gov](mailto:Dana.Bennett@ky.gov)  
Meeting Dates: Quarterly  
Breastfeeding Conference: Annually  
Newsletter: No

### **Northern Kentucky Breastfeeding Coalition**

Area: Northern Kentucky  
Meeting Location: 610 Medical  
Village Drive  
Edgewood, Kentucky  
Contact Information: **Nancy Merk**  
Northern Kentucky District Health Department  
(859) 363-2113  
[Nancy.Merk@nkyhealth.org](mailto:Nancy.Merk@nkyhealth.org)  
Meeting Dates: Quarterly  
Breastfeeding Conference: NA  
Newsletter: No

### **Baby Net**

Area: Bowling Green Area  
Meeting Location: Barren River District Health Department  
Contact Information: [www.babynetky.com](http://www.babynetky.com)  
Meeting Dates: Quarterly 3<sup>rd</sup> Wednesday of the month.  
Breastfeeding Conference: NA  
Newsletter: No

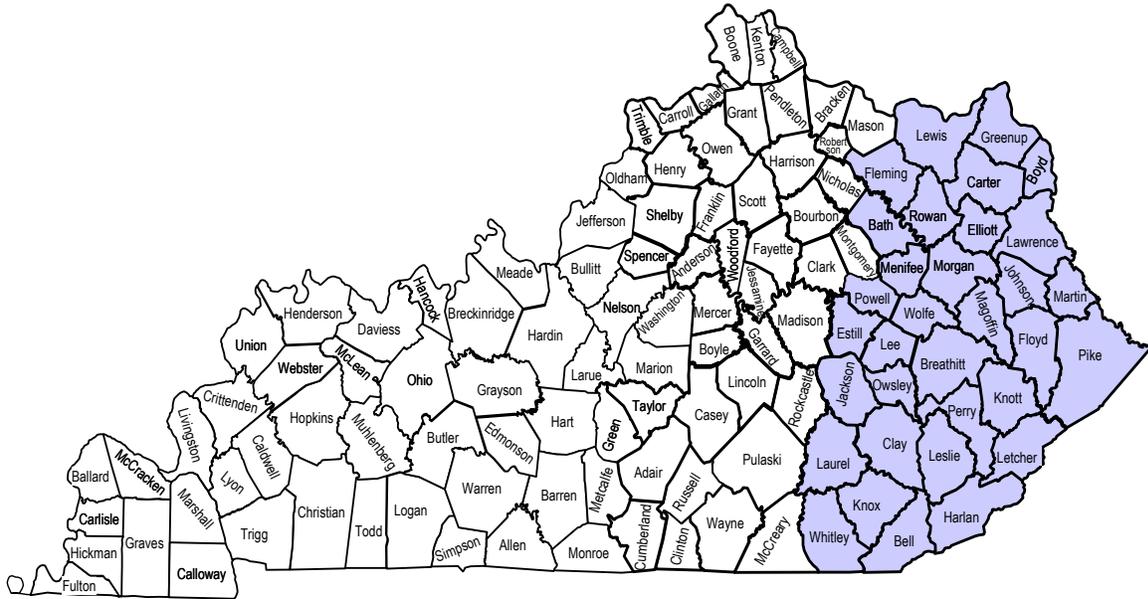
# Eastern Kentucky Region

Counties include:

**Bath  
Bell  
Boyd  
Breathitt  
Carter  
Clay  
Elliott  
Estill  
Fleming  
Floyd  
Greenup  
Harlan**

**Jackson  
Johnson  
Knott  
Knox  
Laurel  
Lawrence  
Lee  
Leslie  
Letcher  
Lewis  
Magoffin**

**Martin  
Menifee  
Morgan  
Owsley  
Perry  
Pike  
Powell  
Rockcastle  
Rowan  
Wolfe  
Whitley**



## International Board Certified Lactation Consultants (IBCLC)

Janet Johnson, RD, LD, IBCLC  
**Pike County Health Department**  
119 River Drive  
Pikeville, KY 41501  
(606) 437-5500 Ext. 590  
[JanE.Johnson@ky.gov](mailto:JanE.Johnson@ky.gov)

Cindy Derifield, RN, IBCLC, RLC  
**Kings Daughters Medical Center**  
2201 Lexington, Avenue  
Ashland, KY 41101  
Breastfeeding Hotline: (606) 408-7366

Lonna C. Castle-Plumley, RN, IBCLC  
**Big Sandy Healthcare/Physicians for Women**  
23 Willow Drive  
Auxier, KY 41602  
(606) 886-8997  
[lonna@mikrotec.com](mailto:lonna@mikrotec.com)

Lisa McIntosh, RN, IBCLC, RLC  
**Powell County Health Department**  
376 North Main Street  
Stanton, KY 40380  
(606) 663-6871 Ext. 2  
[Lisa.McIntosh@ky.gov](mailto:Lisa.McIntosh@ky.gov)

Teresa Ferguson, RN, IBCLC, RLC  
**Morehead State University**  
217 Meadow Lane  
Morehead, KY 40351  
(606) 784-3698  
[t.ferguson@moreheadstate.edu](mailto:t.ferguson@moreheadstate.edu)

Stacy Crase, RD, LD, MS, IBCLC, RLC  
**Powell County Health Department**  
376 North Main Street  
Stanton, KY 40380-0006  
(606) 663-4360  
[StacyL.Crase@ky.gov](mailto:StacyL.Crase@ky.gov)

Tammy Lowe, RN, IBCLC, RLC  
**Whitley County Health Department**  
114 N. Second Street  
Williamsburg, KY 40769  
(606) 549-3380  
[TammyA.Lowe@ky.gov](mailto:TammyA.Lowe@ky.gov)

Paula Marcum, RN, IBCLC  
**Marymount Hospital**  
London, KY 40741  
(606) 878-6520

Greenup Co. Health Dept.  
**606-473-9838**

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**100% Natural**

Shape the Future  
Breastfeed

Kentucky

## Regional Breastfeeding Coordinators

Karen S. Pelfrey, RN, CLS  
**Kentucky River District Health Department  
Wolfe County Center**  
P.O. Box 98  
Campton, KY 41701  
(606) 668-3185  
[KarenS.Pelfrey@ky.gov](mailto:KarenS.Pelfrey@ky.gov)

Janet Johnson, RD, LD, IBCLC  
**Pike County Health Department**  
119 River Drive  
Pikeville, KY 41501  
(606) 437-5500 Ext. 590  
[JanE.Johnson@ky.gov](mailto:JanE.Johnson@ky.gov)

Kimberly Coffey, RN, CLC  
**Cumberland Valley District Health Department  
Rockcastle County Center**  
120 Richmond Street  
P.O. Box 840  
Mt. Vernon, KY 40465  
(606) 256-2242 Ext. 137  
[KimberlyA.Coffey@ky.gov](mailto:KimberlyA.Coffey@ky.gov)  
(Providence Service for: Clay, Bell, Jackson,  
Harland & Rockcastle counties)

Jennifer Burchett, CLC, RN, BSN  
School Nurse Supervisor  
Regional Breastfeeding Coordinator  
**Ashland-Boyd County Health Department**  
2924 Holt Street  
Ashland, KY 41101  
(606) 329-9444 Ext. 2226  
[JenniferM.Burchett@ky.gov](mailto:JenniferM.Burchett@ky.gov)

## Breastfeeding Peer Counselor Program

**Martin County Health Department**  
Contact: Geneva Wallen  
(606) 298-7752  
[GenevaS.Wallen@ky.gov](mailto:GenevaS.Wallen@ky.gov)

**Gateway District Health Department**  
Contact: Lora Gullett  
(606) 674-6396 Ext. 28  
[LoraE.Gullett@ky.gov](mailto:LoraE.Gullett@ky.gov)

**Cumberland Valley District Health Department**  
Contact: Kim Coffey  
(606) 256-2242 Ext. 137  
[KimberlyA.Coffey@ky.gov](mailto:KimberlyA.Coffey@ky.gov)

**Powell County Health Department**  
Contact: Stacy Crase  
(606) 663-6871 Ext. 3  
[StacyL.Crase@ky.gov](mailto:StacyL.Crase@ky.gov)

**Kentucky River District Health Department**  
Contact: Karen Pelfrey  
(606) 668-3185  
[KarenS.Pelfrey@ky.gov](mailto:KarenS.Pelfrey@ky.gov)

**Laurel County Health Department**  
Contact: Sandy Gregory  
(606) 864-5187 Ext. 5244  
[SandyGregory@ky.gov](mailto:SandyGregory@ky.gov)

**Pike County Health Department**  
Contact: Jan Johnson  
(606) 437-5500 Ext. 590  
[JanE.Johnson@ky.gov](mailto:JanE.Johnson@ky.gov)

**Lawrence County Health Department**  
Contact: Geneva Wallen  
(606) 298-7752  
[GenevaS.Wallen@ky.gov](mailto:GenevaS.Wallen@ky.gov)

**Greenup County Health Department**

Contact: Heather Bowling

606) 473-9838 Ext. 105

[HeatherN.Bowling@ky.gov](mailto:HeatherN.Bowling@ky.gov)

**Local Health Departments/WIC**

**Ashland-Boyd County Health Dept**

2924 Holt Street

Ashland, KY 41105-4069

(606) 329-9444

FAX: (606) 324-5423

Jennifer Burchett, BSN, RN, CLC

Breastfeeding Coordinator

(606) 329-9444 Ext. 2226

[JenniferM.Burchett@ky.gov](mailto:JenniferM.Burchett@ky.gov)

**Cumberland Valley District Health Dept.**

(Bell, Clay, Harlan, Jackson & Rockcastle)

Manchester Square Shopping Ctr, Room 212

P. O. Box 158

Manchester, KY 40962

(606) 598-5564

FAX: (606) 598-6615

Kim Coffey, RN, CLC

(Rockcastle County)

Breastfeeding Coordinator

(606) 256-2242 Ext. 137

FAX: (606) 256-5482

[KimberlyA.Coffey@ky.gov](mailto:KimberlyA.Coffey@ky.gov)

**Fleming County Health Department**

194 Windsor Lane

Flemingsburg, KY 41041

(606) 845-6511

FAX: (606) 845-0879

Kim Myers

Breastfeeding Coordinator

(606) 845-6511

[KimberlyJ.Myers@ky.gov](mailto:KimberlyJ.Myers@ky.gov)

**Breathitt County Health Department**

955 Hwy 30 West

P.O. Box 730

Jackson, KY 41339

(606) 666-7755

(WIC) FAX: (606) 666-4601

Penny Mauk, RN

Breastfeeding Coordinator

(606) 666-7755

[PennyG.Mauk@ky.gov](mailto:PennyG.Mauk@ky.gov)

**Estill County Health Department**

365 River Drive

Irvine, KY 40336

(606) 723-5181

FAX: (606) 723-5254

Paula Watson, RN

Breastfeeding Coordinator

(606) 723-5181 Ext. 226

[Paula.Watson@ky.gov](mailto:Paula.Watson@ky.gov)

**Floyd County Health Department**

144 Front Street

Prestonsburg, KY 41653

(606) 886-2788 & 1-888-273-1928

FAX: (606) 886-7989

Tora Slone

Breastfeeding Coordinator, (Wheelwright Site)

(606) 452-9300

[Tora.Slone@ky.gov](mailto:Tora.Slone@ky.gov)

**Gateway District Health Department**

(Bath, Menifee, Morgan and Rowan)  
P. O. Box 555  
Owingsville, KY 40351  
(606) 674-6396  
FAX: (606) 674-3071

Lora McKenzie-Gullett  
Breastfeeding Coordinator  
606-674-6396 ext. 28

**Johnson County Health Department**

630 James Trimble Boulevard  
Paintsville, KY 41240  
(606) 789-2590  
FAX: (606) 789-8237

Carol Stapleton, RN LD  
Breastfeeding Coordinator  
(606) 789-2590  
[CarolM.Stapleton@ky.gov](mailto:CarolM.Stapleton@ky.gov)

**Knox County Health Department**

261 Hospital Drive  
Barbourville, KY 40906  
(606) 546-3486  
FAX: (606)-546-2867

Suzann Satterfield  
Breastfeeding Coordinator  
606-546-3486  
[Suzann.Satterfield@ky.gov](mailto:Suzann.Satterfield@ky.gov)

**Lawrence County Health Department**

1080 Meadowbrook Lane  
Louisa, KY 41230  
(606) 638-4389  
FAX: (606) 638-3008

Carolyn McGinn  
Breastfeeding Coordinator  
(606) 638-4389  
[CarolynJ.McGinn@ky.gov](mailto:CarolynJ.McGinn@ky.gov)

**Greenup County Health Department**

P. O. Box 377  
Greenup, KY 41144  
(606) 473-9838  
FAX: (606) 473-6405

Heather Bowling  
Breastfeeding Coordinator  
(606) 473-9838 Ext. 105

**Kentucky River District Health Dept.**

(Knott, Lee, Leslie, Letcher, Owsley, Perry & Wolfe)  
441 Gorman Hollow Road  
Hazard, KY 41701-2316  
(606) 439-2361  
FAX: (606) 439-0870

Karen Pelfrey, RN, CLS  
Breastfeeding Coordinator  
(606) 439-2361  
[KarenS.Pelfrey@ky.gov](mailto:KarenS.Pelfrey@ky.gov)

**Laurel County Health Department**

525 Whitley Street  
London, KY 40741  
(606) 878-7754  
FAX: (606) 864-8295

Brandi Gilley  
Breastfeeding Coordinator  
(606) 878-7754  
[Brandi.Gilley@ky.gov](mailto:Brandi.Gilley@ky.gov)

**Lewis County Health Department**

905 Fairlane Drive  
Vanceburg, KY 41179  
(606) 796-2632, 796-3295  
FAX: (606) 796-9285

Molly Hines  
Breastfeeding Coordinator  
606-796-2632  
[Molly.Hines@ky.gov](mailto:Molly.Hines@ky.gov)

**Little Sandy District Health Department**

(Carter and Elliott)  
300 W. Main Street  
P. O. Box 909  
Grayson, KY 41143  
(606) 474-6685  
FAX: (606) 474-0256

Kathy Buckner  
Breastfeeding Coordinator  
606-474-6685 Ext. 18  
[Kathy.Buckner@ky.gov](mailto:Kathy.Buckner@ky.gov)

**Martin County Health Department**

136 Rockcastle Road  
Inez, KY 41224  
(606) 298-7752  
FAX: (606) 298-0413

Geneva Wallen, LPN  
Breastfeeding Coordinator  
(606) 298-7752  
[GenevaS.Wallen@ky.gov](mailto:GenevaS.Wallen@ky.gov)

**Powell County Health Department**

376 North Main Street  
Stanton, KY 40380-0006  
(606) 663-4360  
FAX: (606) 663-9790

Stacy Crase, RD, LD, MS, IBCLC, RLC  
Breastfeeding Coordinator  
(606) 663-6871 Ext. 3  
[StacyL.Crase@ky.gov](mailto:StacyL.Crase@ky.gov)

**Magoffin County Health Department**

132 E. Mountain Parkway  
Salyersville, KY 41465  
(606) 349-6212  
FAX: (606) 349-6216

Peggi Jordan, RN  
Breastfeeding Coordinator  
606-349-6212  
[PeggiM.Jordan@ky.gov](mailto:PeggiM.Jordan@ky.gov)

**Pike County Health Department**

119 River Drive  
Pikeville, KY 41501  
(606) 437-5500  
FAX: (606) 433-9690

Janet Johnson, RD, LD, IBCLC  
Breastfeeding Coordinator  
(606) 437-5500 Ext. 590  
[JanE.Johnson@ky.gov](mailto:JanE.Johnson@ky.gov)

**Whitley County Health Department**

114 N. Second St.  
Williamsburg, KY 40769  
(606) 549-3380  
FAX: (606) 549-8940

Linda Conlin  
Breastfeeding Coordinator  
(606) 549-3380  
[LindaS.Conlin@ky.gov](mailto:LindaS.Conlin@ky.gov)



## La Leche League and/or other Mother Support Groups

<u>Group</u>	<u>Meeting Information</u>	<u>Contact</u>
Kentucky River District	Local health Department	606-436-2196 Terri 606-438-6117
Letcher County Support Group	Local Health Department	606-663-2945 Heather 606-634-9491
Let Down Divas	Last Thursday of the Month Laurel County health Department	Anne or Jessica 606-864-8295

## Pump Rentals

### **Appalachian Regional Healthcare Inc. (ARH)**

ARH Home Care Store  
210 Black Gold Blvd., Suite 105  
Hazard, KY 41701  
(606) 487-7333  
FAX: (606) 487-7357  
[acollett@arh.org](mailto:acollett@arh.org)  
[www.arh.org](http://www.arh.org)  
\*Sales & Rentals

### **ARH**

KY Route 122  
P.O. Box 266  
McDowell, KY 41647  
(606) 377-3496  
FAX: (606) 377-3469  
[cholbrook@arh.org](mailto:cholbrook@arh.org)

### **ARH**

2396 US 421 south  
Harlan, KY 40831  
(606) 573-9275  
FAX: (606) 573-9128  
[apace@arh.org](mailto:apace@arh.org)

### **ARH**

200 Medical Center Drive  
Hazard, KY 41701  
(606) 439-6717  
FAX: (606) 487-7438  
[acollette@arh.org](mailto:acollette@arh.org)

### **ARH**

1916 Cumberland Avenue  
Middlesboro, KY 40965  
(606) 248-2255  
FAX: (606) 248-3794  
[apace@arh.org](mailto:apace@arh.org)

### **ARH Home Care Store**

247 S. Mayo Trail  
P.O. Box 4446  
Pikeville, KY 41502  
(606) 437-9216  
FAX: (606) 437-9275  
[cholbrook@arh.org](mailto:cholbrook@arh.org)  
[www.arh.org](http://www.arh.org)  
Rentals

**ARH**

240 Hospital Road  
Whitesburg, KY 41858  
(606) 633-6227  
FAX: (606) 633-6229  
[cholbrook@arh.org](mailto:cholbrook@arh.org)

**Kings Daughters Home**

Medical Equipment  
3503 Winchester Avenue  
Ashland, KY 41101  
(606) 408-6399  
FAX: (606) 408-5256  
Sales: Ameda pumps, supplies  
Rentals: Ameda pumps  
[www.kdmc.com](http://www.kdmc.com)

**ARH**

520 Prestonsburg Street  
West Liberty, KY 41472  
(606) 743-3630  
FAX: (606) 743-3393  
[dhenry@arh.org](mailto:dhenry@arh.org)

**The Pink Pineapple**

335 15<sup>th</sup> Street  
Ashland, KY 41101  
(606) 324-2311  
Sales: Pillows, covers, etc.  
[thepinkpineapple@inicity.com](mailto:thepinkpineapple@inicity.com)

**ARH**

140 Hospital Drive  
South Williamson, KY 41503  
(606) 237-1670  
FAX: (606) 237-0484  
[rosmith@arh.org](mailto:rosmith@arh.org)

**Professional Medical Supply**

342 Bogle Street, Suite 1  
Somerset, KY 42503  
(606) 451-0216  
FAX: (606) 451-1959  
[www.pmsupply.com](http://www.pmsupply.com)  
\*Sales & Rentals

**Save-Rite Home Care, Inc.**

1275 Master Street  
Corbin, KY 40701  
(606) 528-2515  
FAX: (606) 528-8011  
\*Sales & Rentals

**Stultz Pharmacy**

1615 Ashland Road  
Greenup, KY 41144  
(606) 473-7346  
Sales: Manual Breast Pumps, Storage  
bags, Shields

## Classes, Supplies, Sales

### Childbirth Classes

**Pikeville Medical Center**

Tuesdays at 7:00 pm – call for start dates - (606) 218-3500

**Highlands Regional Medical Center - Prestonsburg, KY**

Saturdays 8:00 am – 4:30 pm – call for dates and registration - (606) 886-7586

**King's Daughters Medical Center – Ashland, KY**

Contact: Terri Brislin or Cindy Derifield at (606) 408-4000

**Magoffin County Health Department**

Contact: Peggi Martin, RN, for start dates and registration - (606) 349-6212

**Manchester Memorial Childbirth Classes**

Four times per month, Call (606) 598-5104 Ext. 3252 between 7 and 11, Tuesday-Friday

**Marymount Hospital Childbirth Classes - London, KY**

Contact: Paula Marcum – (606) 878-6520

**Physicians for Women - Auxier, KY**

Sundays at 2:00 pm – call for start dates and registration – (606) 886-8997

**Breastfeeding Classes**

**Letcher County Health Center - Whitesburg, KY**

Call (606) 633-2945 for date and time.

**Magoffin County Health Department** – Breastfeeding classes offered four (4) times a year one each quarter.

Contact: Peggi Jordan

**Morgan County Health Department** - Bimonthly during prenatal clinic.

**Perry County Health Center - Hazard, KY**

Call (606) 436-2196 for date and time.

**Powell County Health Department**

Contact: Stacy Crase at (606) 663-4360 or Stephanie Clemons at (859) 314-2033

**Leslie County Health Center - Hyden, KY**

Call 606-672-2393 for date and time.

**Knott County Health Center - Hindman, KY**

Call 606-785-3144 for date and time.

**Wolfe County Health Center - Campton, KY**

Call 606-668-3185 for date and time.

**Lee County Health Center – Beattyville, KY**

Call 606-464-2492 for date and time.

**Owsley County Health Center – Booneville, KY**

Call 606-593-5181 for date and time.

## **Coalitions**

### **Eastern Kentucky Breastfeeding Coalition**

Contact:

Janet Johnson, RD, LC, IBCLC  
Pike County Health Department  
119 River Drive  
Pikeville, KY 41501  
(606) 437-5500 Ext. 590  
[JanE.Johnson@ky.gov](mailto:JanE.Johnson@ky.gov)

### **Websites:**

[www.breastfeedingfriends.blogspot.com](http://www.breastfeedingfriends.blogspot.com)

## **Mother Nurture Portable Breastfeeding Rooms for Outdoor Use**

**Ashland-Boyd County Health Department**  
2924 Holt Street  
Ashland, KY 41105-4069  
606-329-9444 ext. 2239  
Contact: Jennifer Burchett, CLC, RN, BSN  
[JenniferM.Burchett@ky.gov](mailto:JenniferM.Burchett@ky.gov)

**Cumberland Valley District Health Dept.  
Rockcastle County Center**  
120 Richmond Street  
P.O. Box 840  
Mt. Vernon, KY 40456  
606-256-2242 ext. 137  
Contact: Kimberly Coffey, RN, CLC  
[KimberlyA.Coffey@ky.gov](mailto:KimberlyA.Coffey@ky.gov)



## International Board Certified Lactation Consultants

Stephanie Kilby, RN, BSN, IBCLC, RLC  
**Ephraim McDowell Regional Medical Center**  
213 South Third Street  
Danville, KY 40422  
(859) 239-6416  
[skilby@emr.org](mailto:skilby@emr.org)

Cheri L. Casciola, BSF, IBCLC, RLC  
**A Mother's Love Lactation Consulting**  
1339 Johnson Road  
Lawrenceburg, KY 40342  
(859) 421-5363  
[h2obirth2x@aol.com](mailto:h2obirth2x@aol.com)

Gaye Whalen, RN, MSN, IBCLC, RLC  
Sharon Wilham, RN, BSN, IBCLC, RLC  
Angie Ratliff, RD, IBCLC, RLC  
Janie Weatherford, RN, IBCLC, RLC  
**University of Kentucky Children's Hospital**  
800 Rose Street, HA 370  
Lexington, KY 40536  
(859) 323-4880  
[mgwhal2@email.uky.edu](mailto:mgwhal2@email.uky.edu)

Paula Marcum, RN, IBCLC, RLC  
**Marymount Medical Center**  
310 E. 9<sup>th</sup> Street  
London, KY 40741  
(606) 878-6520 ext. 3851  
(606) 877-6151 Fax  
[pmarcum@marymount.com](mailto:pmarcum@marymount.com)

Valerie Smith, BSN, IBCLC  
Robin McGuire, RN, IBCLC, BSN  
Mendy L. Pridemore-Brown, RN, IBCLC, ADN  
Cindra Greene, RN, IBCLC  
**Central Baptist Hospital**  
1740 Nicholasville Road  
Lexington, KY 40503  
(859) 260-4150  
[Robin.McGuire@bhsi.org](mailto:Robin.McGuire@bhsi.org)

Doraine Bailey, MA, IBCLC, RLC  
**Lexington-Fayette County Health Department**  
650 Newtown Pike  
Lexington, KY 40508-1197  
(859) 288-2348  
[DoraineF.Bailey@ky.gov](mailto:DoraineF.Bailey@ky.gov)

Cathy Smith, RN, CLC, IBCLC, RLC  
Nelvean Mack, RN, IBCLC, RLC  
**St. Joseph Hospital East**  
150 N. Eagle Creek Drive  
Lexington, KY 40509  
(859) 967-5272  
[smithca@sjhlex.org](mailto:smithca@sjhlex.org)

Denise Russell, RN, ARNP, MHA, IBCLC, RLC  
**Lexington OB/GYN Associates**  
1760 Nicholasville Road, Suite 101  
Lexington, KY 40503  
(859) 278-0396

Janie Weatherford, IBCLC  
**Mother Nurture**  
2891 Richmond Road  
Lexington, KY 40509  
(859) 335-5949  
[janiebethw@gmail.com](mailto:janiebethw@gmail.com)

Lynne R. Humkey, RN, IBCLC, RLC  
**Bluegrass Lactation Consulting**  
(859) 227-6667  
[www.bluegrasslactation.com](http://www.bluegrasslactation.com)  
[lhumkey@bluegrasslactation.com](mailto:lhumkey@bluegrasslactation.com)

Carol Ann Martin, RN, MSN, IBCLC, RLC  
**Georgetown Community Hospital**  
1140 Lexington Road  
Georgetown, KY 40324  
(502) 868-1292

## Regional Breastfeeding Coordinators

Doraine Bailey, MA, IBCLC, RLC  
Lexington-Fayette County Health Dept.  
650 Newtown Pike  
Lexington, KY 40508-1197  
(859) 288-2348  
FAX: (859) 252-0292  
[DoraineF.Bailey@ky.gov](mailto:DoraineF.Bailey@ky.gov)

Regina Stevens, RD, LD, CLC  
Lake Cumberland Health Dept.  
500 Bourne Avenue  
Somerset, KY 42501  
(606) 678-4761  
[Reginaa.stevens@lcdhd.org](mailto:Reginaa.stevens@lcdhd.org)

Kimberly Coffey, RN, CLC  
Cumberland Valley District Health Department  
Rockcastle County Center  
120 Richmond Street  
P.O. Box 840  
Mt. Vernon, KY 40456  
(606) 256-2242 Ext. 137  
[KimberlyA.Coffey@ky.gov](mailto:KimberlyA.Coffey@ky.gov)

## Breastfeeding Peer Counselor Program

**WEDCO District Health Department**  
Contact: Cathy Brunker  
(859) 234-8751 Ext. 35  
[Cathy.Brunker@ky.gov](mailto:Cathy.Brunker@ky.gov)

**Boyle County Health Department**  
Contact: Julie Steber  
(859) 236-2053  
Cell Phone: (859) 583-1007  
[Julie.Steber@ky.gov](mailto:Julie.Steber@ky.gov)



## Local Health Departments/WIC

### **Anderson County Health Department**

208 South Main  
Lawrenceburg, KY 40342  
(502) 839-4551  
FAX: (502) 839-8099

Terri Phelps, MS, RD  
Breastfeeding Coordinator  
(502) 839-4551  
[TerriL.Phelps@ky.gov](mailto:TerriL.Phelps@ky.gov)

### **Boyle County Health Department**

448 South Third Street  
P. O. Box 398  
Danville, KY 40422-0398  
(859) 236-2053  
FAX: (859) 236-2863

Julie Steber  
Breastfeeding Coordinator  
(859) 236-2053 ext. 17  
[JulieM.Steber@ky.gov](mailto:JulieM.Steber@ky.gov)  
Website: [www.boylecountyhealthdept.com](http://www.boylecountyhealthdept.com)

### **Lexington-Fayette County Health Department**

805 Newtown Circle  
Lexington, KY 40511  
(859) 288-2348  
FAX: (859) 252-0292

Doraine Bailey, MA, IBCLC, RLC  
Breastfeeding Coordinator  
(859) 288-2348  
[DoraineF.Bailey@ky.gov](mailto:DoraineF.Bailey@ky.gov)  
Website: [www.lexingtonhealthdepartment.org](http://www.lexingtonhealthdepartment.org)

### **Garrard County Health Department**

89 Farra Drive  
Lancaster, KY 40444  
(859) 792-2153  
FAX: (859) 792-4719

Bobbie Isaacs  
Breastfeeding Coordinator  
[BobbieJ.Isaacs@ky.gov](mailto:BobbieJ.Isaacs@ky.gov)

### **Bourbon County Health Department**

341 East Main Street  
Paris, KY 40361  
(859) 987-1915  
FAX: (859) 987-3230

Cyndi Steele, BS  
Breastfeeding Coordinator  
(859) 987-1915  
[CynthiaE.Steele@ky.gov](mailto:CynthiaE.Steele@ky.gov)

### **Clark County Health Department**

400 Professional Avenue  
Winchester, KY 40391  
(859) 744-4482  
FAX: (859) 737-2426

Amy Williams, MS, RD, LD  
Breastfeeding Coordinator  
(859) 744-4482 Ext. 114  
[Amy.Williams@ky.gov](mailto:Amy.Williams@ky.gov)

### **Franklin County Health Department**

100 Glens Creek Road  
Frankfort, KY 40601  
(502) 564-7647  
FAX: (502) 564-9640

Sally Brunner, RN, BSN  
Breastfeeding Coordinator  
(502) 564-7647  
[SallyJ.Brunner@ky.gov](mailto:SallyJ.Brunner@ky.gov)

### **Jessamine County Health Department**

215 E. Maple Street  
Nicholasville, KY 40356  
(859) 885-4149  
FAX: (859) 885-1863

Betty Bender, RD, LD, MS  
Breastfeeding Coordinator  
(859) 885-4149 ext. 1027

**Lincoln County Health Department**

44 Health Way, P. O. Box 165  
Stanford, KY 40484  
(606) 365-3106  
FAX: (606) 365-1640

Angela Dowell  
Breastfeeding Coordinator  
(606) 365-3106 ext. 27  
[Angela.Dowell@ky.gov](mailto:Angela.Dowell@ky.gov)

**Mercer County Health Center**

900 North College Street  
Harrodsburg, KY 40330  
(859) 734-4522  
FAX: (859) 734-0568

Kathy Crown-Weber, RD, CDE  
Breastfeeding Coordinator  
(859) 734-4522 ext. 134  
[Kathlyn.Crown-Weber@ky.gov](mailto:Kathlyn.Crown-Weber@ky.gov)

**Rockcastle County Health Department**

120 Richmond Street  
P. O. Box 840  
Mt. Vernon, KY 40456  
(606) 256-2242

Kim Coffey, RN, CLC  
Breastfeeding Coordinator  
(606) 256-2242 ext. 137  
[KimberlyA.Coffey@ky.gov](mailto:KimberlyA.Coffey@ky.gov)

**Lake Cumberland District Health Dept.**

(Adair, Casey, Clinton, Cumberland,  
Green,  
McCreary, Pulaski, Russell, Taylor,  
Wayne)  
500 Bourne Avenue  
Somerset, KY 42501

Pam Acey  
Breastfeeding Coordinator  
(606) 678-4761 Ext. 128  
[PamelaJ.Acey@ky.gov](mailto:PamelaJ.Acey@ky.gov)

**Madison County Health Department**

214 Boggs Lane, P.O. Box 1208  
Richmond, KY 40476-1208  
(859) 623-7312  
FAX: (859) 626-4298

Libby Hess, RN  
Breastfeeding Coordinator  
(859) 626-4237  
[LibbyL.Hess@ky.gov](mailto:LibbyL.Hess@ky.gov)

**Montgomery County Health Department**

117 Civic Center  
Mt. Sterling, KY 40353  
(859) 498-3808  
FAX: (859) 498-9082

Regina Harrison, RD, LD, MS  
Breastfeeding Coordinator  
(859) 498-3808 ext. 224  
[ReginaL.Harrison@ky.gov](mailto:ReginaL.Harrison@ky.gov)

**Woodford County Health Department**

229 North Main Street  
Versailles, KY 40383  
(859) 873-4541  
FAX: (859) 873-7238

Eddie Flora, RN  
Breastfeeding Coordinator  
(859) 873-4541  
[Eddie.Flora@ky.gov](mailto:Eddie.Flora@ky.gov)

**WEDCO District Health Department**

(Harrison, Nicholas and Scott)  
Harrison County Health Department  
364 Oddville Avenue  
Cynthiana, KY 41031  
(859) 234-2842  
FAX: (859) 234-0393

Cathy Bruncker, RN BSN, CLC  
Breastfeeding Coordinator  
(859) 234-2842 Ext. 35  
[Cathy.Bruncker@ky.gov](mailto:Cathy.Bruncker@ky.gov)

## La Leche League/ Other Mother Support Groups

For the most up-to-date information, please see the webpage for La Leche League of Kentucky: <http://www.lleus.org/state/Kentucky.html>

<u>Group</u>	<u>Meeting Information</u>	<u>Contact</u>
Greater Lexington (Fayette County)	Second Tuesday, 7:00 p.m. Fourth Monday, 11:30 a.m. Baby Moon 2891 Richmond Road, Suite 103 Lexington, KY	Ruth (859) 559-8481 Christina (859) 475-3915 April (859) 608-7938
Central KY	Mother to Mother Breastfeeding Support	Linda (270) 692-9360 <a href="mailto:L.Schmal@excite.com">L.Schmal@excite.com</a>
Milk Mommies (Frankfort)	Second Tuesday 5 - 6 pm Franklin County Health Dept. 100 Glens Creek Road Frankfort, KY	
Breastfeeding Support Group (Danville)	First Thursday each month, 6:00 p.m.-7:00 p.m. Ephraim McDowell Medical Ctr.	Stephane (502) 564-7647  (859) 239-6416
Berea Mother's Forum	Weekly Meetings: Thursday, 10:30 a.m. Union Church, Room 204 213 Prospect Street Berea, KY 40403	
Lactation Support Group (London)	Marymount Medical Center 310 E. 9 <sup>th</sup> Street Contact for times and dates	Paula <a href="mailto:Berea_Mamas_Owner@yahoo.com">Berea Mamas_Owner@yahoo.com</a>

## Pump Rentals

### **Able Care**

1171 Lexington Road  
PO Box 1507  
Georgetown, KY 40324  
(502) 868-8844  
FAX: (502) 867-7945  
[www.ablecare.tv](http://www.ablecare.tv)  
[lfreeman@ablecare.tv](mailto:lfreeman@ablecare.tv)  
Medela line

### **Able Care**

349 Virginia Ave..  
Lexington, KY 40503  
(859) 253-5353  
FAX: (859) 253-0599  
[www.abelcare.tv](http://www.abelcare.tv)  
[lfreeman@ablecare.tv](mailto:lfreeman@ablecare.tv)  
Medela line

### **Able Care**

1828 S. Main Street  
Paris, KY 40361  
(859) 987-0007  
FAX: (859) 987-0888  
[www.ablecare.tv](http://www.ablecare.tv)  
[lfreeman@ablecare.tv](mailto:lfreeman@ablecare.tv)  
Medela line

### **EZ Care**

5015 Atwood Drive  
Richmond, KY 40475  
(866) 626-8957  
FAX: (859) 625-5714  
[www.ezcaremedical.com](http://www.ezcaremedical.com)  
[cindy@ezcaremedical.com](mailto:cindy@ezcaremedical.com)  
Ameda line

### **Medica Pharmacy**

202 W. Stephen Foster Avenue  
Bardstown, KY 40004  
(502) 348-6623  
FAX: (502) 348-0729  
[www.Medicapharmacy.net](http://www.Medicapharmacy.net)  
[medicark@gmail.com](mailto:medicark@gmail.com)  
Ameda line

### **Mother Nurture**

2891 Richmond Road., Suite 102  
Lexington, KY 40509  
(859) 335-5949  
FAX: (859) 269-0863  
[www.mothernurtureKY.com](http://www.mothernurtureKY.com)  
[cerise@mothernurtureky.com](mailto:cerise@mothernurtureky.com)  
Medela line

### **Prescription Pad**

930 South Main Street  
Nicholasville, KY 40356  
(859) 887-2841  
FAX: (859) 887-1340  
[www.prescriptionpad.biz](http://www.prescriptionpad.biz)  
[contactus@prescriptionpad.biz](mailto:contactus@prescriptionpad.biz)  
Medela line

### **Professional Medical Supply**

342 Bogle Street, Suite 1  
Somerset, KY 42503  
(606) 451-0216  
FAX: (606) 451-1959  
[www.pmsupply.com](http://www.pmsupply.com)  
[pmsupply@windstream.net](mailto:pmsupply@windstream.net)

### **SAV-Rite Home Care**

1275 Master Street  
Corbin, KY 40701  
(606) 528-2515  
FAX: (606) 528-8011  
[savritehomecare@bellsouth.net](mailto:savritehomecare@bellsouth.net)  
Ameda line

### **VDK Turning Point at Grogan's Healthcare Supply**

1016 South Broadway  
Lexington, KY 40504  
(859) 263-8857  
FAX: (859) 263-9516  
[www.vdkturningpoint.com](http://www.vdkturningpoint.com)  
Medela line

**Medicine Shoppe Homecare**  
662 East Main Street  
Frankfort, KY 40602  
(502) 227-2038

## **Classes, Supplies, and Sales**

### **Breastfeeding Classes - Other:**

**Baby Moon** 2891 Richmond Road, Suite 103 Lexington, KY  
Contact: (859) 420-6262 or (859) 420-6263  
[www.baby-moon.org](http://www.baby-moon.org)

**Babies R Us** 1965 Star Shoot Parkway Lexington, KY 40509  
Contact: (859) 263-8598

**Bluegrass Lactation Consulting**  
Contact: Lynne Humkey, RN, IBCLC (859) 486-4252

**Conception Forward** 185 Pasadena Drive Lexington, KY 40503  
Contact: Katyherine Kaufman (617) 894-0646  
[Conceptionforward@gmail.com](mailto:Conceptionforward@gmail.com)  
Childbirth Education Classes

**Lexington OB/GYN Associates** 1760 Nicholasville Road, Suite 101 Lexington, KY  
Contact: Denise Russell, BSN, MHA, IBCLC, RLC at (859) 278-0396  
[dmruss@aol.com](mailto:dmruss@aol.com) (limited to patients of practice)

**A Mother's Love Lactation Consulting** 1339 Johnson Road Lawrenceburg, KY  
Contact: Cheri Casciola, IBCLC at (859) 421-5363  
[h2obirth2x@aol.com](mailto:h2obirth2x@aol.com)

### **Breastfeeding Classes - Health Departments**

**Boyle County Health Department**  
Contact: Julie Steber, RD at (859) 236-2053 ext. 17 or (859) 583-1007  
[JulieM.Steber@ky.gov](mailto:JulieM.Steber@ky.gov)

**Lexington-Fayette County Health Department**  
Contact: Doraine Bailey, MA, IBCLC at (859) 288-2348  
[DoraineF.Bailey@ky.gov](mailto:DoraineF.Bailey@ky.gov)

**Montgomery County Health Department**  
Contact: Regina Harrison, MS, RD, LD at (859) 498-3808  
[ReginaL.Harrison@ky.gov](mailto:ReginaL.Harrison@ky.gov)

## **Prenatal Breastfeeding Classes- Hospitals**

University of Kentucky Medical Center  
(Lexington)  
(859) 257-5168

St. Joseph Hospital East (Lexington)  
(859) 967-2229

Ephraim McDowell Medical Center (Danville)  
(859) 239-6416

Lake Cumberland Regional Hospital  
(Somerset)  
(606) 451-3730

Harrison Memorial Hospital (Cynthiana)  
(859) 235-3698

Central Baptist Hospital (Lexington)  
(859) 260-6357 or (859) 260-4156

Frankfort Regional Medical Center  
(502) 226-1655 or (800) 242-5662

Georgetown Community Hospital  
(502) 868-1100

Marymount Medical Center (London)  
(606) 878-6520 Ext. 3851

## **Supplies**

**Able Care**  
349 Virginia Ave.  
Lexington, KY 40503  
(859) 253-5353  
FAX: (859) 253-0599  
[www.ablecare.tv](http://www.ablecare.tv)  
[lfreeman@ablecare.tv](mailto:lfreeman@ablecare.tv)  
Medela line

**Able Care**  
1171 Lexington Road  
Georgetown, KY 40324  
(502) 868-8844  
FAX: (502) 567-7945  
[www.ablecare.tv](http://www.ablecare.tv)  
[lfreeman@ablecare.tv](mailto:lfreeman@ablecare.tv)

**Medica Pharmacy**  
202 W. Stephen Foster Avenue  
Bardstown, KY 40004  
(502) 348-6623  
FAX: (502) 348-0729  
[www.Medicapharmacy.net](http://www.Medicapharmacy.net)  
medicark@gmail.com  
Ameda line

**Mother Nurture**  
2891 Richmond Road., Suite 102  
Lexington, KY 40509  
(859) 335-5949  
FAX: (859) 269-0863  
[www.mothernurtureKY.com](http://www.mothernurtureKY.com)

**Able Care**

1828 South Main Street  
Paris, KY 40361  
(859) 987-0007  
FAX: (859) 987-0888  
[www.ablecare.tv](http://www.ablecare.tv)  
[lfreeman@ablecare.tv](mailto:lfreeman@ablecare.tv)  
Medela line

**Babies R Us**

1965 Star Shoot Parkway  
Hamburg Pavilion  
Lexington, KY 40509  
(859) 263-8598

**Baby's Room and Kids Too**

2520 Nicholasville Rd.  
Lexington, KY 40503  
(859) 276-4955  
FAX; (859) 276-2954  
[www.Babysroomandkidstoo.com](http://www.Babysroomandkidstoo.com)  
babysroomky@aol.com

**Burlington Coat Factory "Baby Depot"**

2909 Richmond Road  
Lexington, KY 40509  
(859) 268-2905

**EZ Care**

5015 Atwood Drive  
Richmond, KY 40475  
866-626-8957  
FAX: (859) 625-5714  
[www.ezcaremedical.com](http://www.ezcaremedical.com)  
[cindy@ezcaremedical.com](mailto:cindy@ezcaremedical.com)  
Ameda line

**Toys R Us/Babies R Us**

South Park Shopping Center  
3220 Nicholasville Road  
Lexington, KY 40517  
(859) 271-6374

**SAV-Rite Home Care**

1275 Master Street  
Corbin, KY 40701  
(606) 528-2515  
FAX: (606) 528-8011  
[savritehomecare@bellsouth.net](mailto:savritehomecare@bellsouth.net)  
Ameda line

**Motherhood Maternity**

Hamburg Pavilion, 2312 Sir Barton Way  
Fayette Mall  
Lexington, KY  
(859) 264-0975 or (859) 971-0055  
[www.motherhood.com](http://www.motherhood.com)

**Prescription Pad**

930 South Main Street  
Nicholasville, KY 40356  
(859) 887-2841  
FAX: (859) 887-1340  
[www.prescriptionpad.biz](http://www.prescriptionpad.biz)  
[contactus@prescriptionpad.biz](mailto:contactus@prescriptionpad.biz)  
Medela line

**Professional Medical Supply**

342 Bogle Street, Suite 1  
Somerset, KY 42503  
(606) 451-0216  
FAX: (606) 451-1959  
[www.pmsupply.com](http://www.pmsupply.com)  
pmsupply@windstream.net

**Target**

3275 Nicholasville Road  
Lexington, KY 40517  
(859) 253-5353

**VDK Turning Point at Grogan's Healthcare Supply**

1016 South Broadway  
Lexington, KY 40504  
(859) 263-8857  
FAX: (859) 263-9516  
[www.vdkturningpoint.com](http://www.vdkturningpoint.com)  
Medela line

**Target**

1940 Pavilion Way  
Lexington, KY 40509  
(859) 263-7448



## Coalitions

### **KLIC - Kentuckiana Lactation Improvement Coalition**

Contact:

Doraine Bailey  
Lexington Fayette County Health Department  
650 Newtown Pike  
Lexington, KY 40508  
(859) 288-2348  
[DoraineF.Bailey@ky.gov](mailto:DoraineF.Bailey@ky.gov)

## Websites

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

<http://www.lleus.org/state/Kentucky.html>

## Mother Nurture Portable Breastfeeding Rooms for Outdoor Use

**Cumberland Valley District Health Department  
Rockcastle County Center**  
120 Richmond Street  
P.O. Box 840  
Mt. Vernon, KY 40456  
(606) 256-1841, Ext. 137  
Contact: Kimberly Coffey  
[KimberlyA.Coffey@ky.gov](mailto:KimberlyA.Coffey@ky.gov)

## Resources

### **Hen House Project**

In-home postpartum doula, breastfeeding,  
and parenting support  
(859) 806-5123  
[www.henhouseproject.com](http://www.henhouseproject.com)  
[hen\\_house\\_project@yahoo.com](mailto:hen_house_project@yahoo.com)

### **The Medicine Shoppe**

900 Hustonville Road  
Danville, KY 40422  
(859) 238-0002

### **Pregnancy Resource Center**

475 W. Main Street, Suite 106  
Danville, KY 40422  
(859) 236-9282

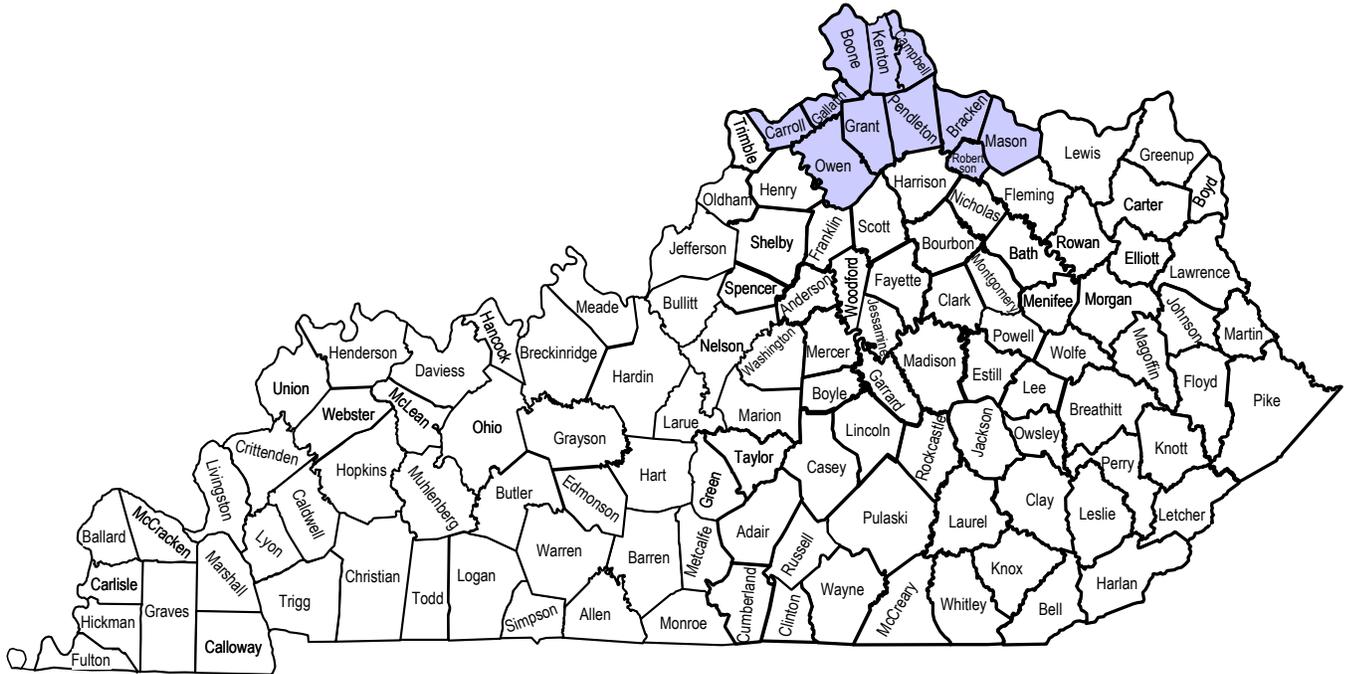
# Northern Kentucky Region

**Counties include:**

**Boone  
Bracken  
Carroll  
Campbell**

**Gallatin  
Grant  
Kenton  
Mason**

**Owen  
Pendleton  
Robertson**



## International Board Certified Lactation Consultants

Bethany Hanser, ICCE, IBCLC, RLC  
**Motherhood Express-Breastfeeding Center**  
7000 Houston Rd-Building 200 Suite 19  
Florence, KY 41042  
859-746-2460  
[motherexp@aol.com](mailto:motherexp@aol.com)

Nancy Merk, MS, RD, LD, IBCLC,  
**Northern Kentucky Health Department**  
2002 Madison Avenue  
Covington, KY 41014  
859-363-2113  
[nancy.merk@ky.gov](mailto:nancy.merk@ky.gov)  
[www.nkyhealth.org](http://www.nkyhealth.org)

Debbie Simpson, RN, IBCLC, RLC  
**Northern Kentucky Health Department**  
HANDS Program  
234 Barnes Road  
Williamstown, KY 41097  
895-824-5074 ext. 2706  
[debbiek.simpson@ky.gov](mailto:debbiek.simpson@ky.gov)  
Charla Payne, RNC, IBCLC, CCE, CLC

**Breastfeeding Blessings**  
513-673-5350

**University Hospital**  
234 Goodman Ave  
Cincinnati OH 45219  
513-564-5257  
[www.universityhospitalcincinnati.com](http://www.universityhospitalcincinnati.com)

**Pediatrics of Florence**  
7409 US 42  
Florence, KY 40142  
859-525-8289  
[www.pediatricsofflorence](http://www.pediatricsofflorence)

**St Elizabeth Healthcare  
Edgewood**  
One Medical Village Drive  
Edgewood, KY 41017  
859-301-2631  
[www.stelizabeth.com](http://www.stelizabeth.com)

**Florence**  
4900 Houston Rd  
Florence KY 41042  
859-212-5120

Sandi Brown, RN, IBCLC  
Tammi Foster, RN, IBCLC  
Cecile Huggle, RN, IBCLC  
Marsha McCormack, RN, IBCLC  
Debbie Simpson, RN, IBCLC  
Linda Wallace, RN, IBCLC

**Center for Breastfeeding Medicine  
Cincinnati Children's Hospital Medical Center**  
3333 Burnet Ave  
Cincinnati OH 45229  
513-636-2326  
[www.cincinnatichildrens.org/breastfeeding](http://www.cincinnatichildrens.org/breastfeeding)

**The Christ Hospital**  
2139 Auburn Ave  
Cincinnati OH 45219  
513-585-0597  
[Thechristhospital.com](http://Thechristhospital.com)

**TriHealth Breastfeeding and Lactation  
Support Services**  
375 Dixmyth Ave  
Cincinnati OH 45220  
513-862-7867  
[www.trihealth.com](http://www.trihealth.com)

## Regional Breastfeeding Coordinators

Nancy Merk, MS, RD, LD, IBCLC  
**Northern Kentucky District Health Department**  
2002 Madison Avenue  
Covington, KY 41014  
(859) 363-2113  
[Nancy.Merk@nkyhealth.org](mailto:Nancy.Merk@nkyhealth.org)

## WIC Breastfeeding Peer Counselor Programs

**Northern Kentucky Independent District Health Department**  
Contact: Nancy Merk, MS, RD, LD, IBCLC  
(859) 363-2113  
[Nancy.merk@nkyhealth.org](mailto:Nancy.merk@nkyhealth.org)

## Local Health Departments/WIC

**Bracken County Health Dept.**  
429 Frankfort Street  
P.O. Box 117  
Brooksville, KY 41004-0117  
(606) 735-2157  
FAX: (606) 735-2159

Jennifer Markley  
Breastfeeding Coordinator  
(606) 735-2157  
[JenniferR.Markley@ky.gov](mailto:JenniferR.Markley@ky.gov)

**Buffalo Trace District Health Dept.**  
(Mason and Robertson)  
130 East Second Street  
Maysville, KY 41056  
(606) 564-9447  
FAX: (606) 564-4483

Bridget Lykins, RD, LD  
Breastfeeding Coordinator  
(606) 564-9447  
[Bridgets.lykins@ky.gov](mailto:Bridgets.lykins@ky.gov)



**Northern Kentucky Independent District Health Dept.**

(Boone, Campbell, Grant and Kenton)  
610 Medical Village Drive  
Edgewood, KY 41017  
(859) 363-2113  
FAX: (859) 655-6370

Nancy Merk, MD, RD, LD, IBCLC  
Breastfeeding Coordinator  
(859) 363-2113  
[Nancy.Merk@nkyhealth.org](mailto:Nancy.Merk@nkyhealth.org)

**Three Rivers District Health Dept.**

(Carroll, Gallatin, Owen and Pendleton)  
510 South Main Street  
Owenton, KY 40359  
(502) 484-5736  
FAX: (502) 484-5739

Lindsay Smith, RN, BSN  
Breastfeeding Coordinator  
(502) 484-5736  
[LindsayB.Smith@ky.gov](mailto:LindsayB.Smith@ky.gov)  
[www.trdhd.com](http://www.trdhd.com)

**La Leche League and Mother Support Groups**

For the most up-to-date information, please see the webpage for La Leche League of Kentucky: [www.llofky.org](http://www.llofky.org)

<u>Group</u>	<u>Meeting Information</u>	<u>Contact</u>
Northern Kentucky Group 0381  3430	St. Elizabeth’s Hospital  Third Tuesday at 6:30 pm	Willow (859) 689-  Ginna (859) 750-
Grand County Group 5179	Contact for more information	Rhonda (859) 824-
Best for Baby Bunch  2113	Edgewood, KY Third Wednesday at 6:00 pm	Health Department (859)363-

**Pump Rentals**

**Motherhood Express**  
7024 Houston Road  
Building 200, Suite 19  
Florence, KY 41042  
(859) 746-2460

## Classes

### **Breastfeeding Classes:**

#### **Mason County Health Department**

Contacts: Allison Adams or Bridget Lykins, RD, LD  
(606) 564-9447  
Third Wednesday at 1:30 pm

#### **Robertson County Health Department**

Contact: Allison Adams or Bridget Lykins, RD, LD  
(606) 564-9447  
Second Tuesday at 1:30 p.m.

### **Northern Kentucky Independent District Health Department**

#### **Boone County Health Center**

Contact: Ann Miller, RD, LD  
(859) 363-2060 ext. 2309  
First Wednesday at 10:00 am

#### **Campbell County Health Center**

Contact: Tracy Browe, RD, LD, CLC  
(859) 431-1704 Ext. 2509  
Second and Fourth Wednesday at 2:30 pm

#### **Grant County Health Center**

Contact: Sherri Hoffman, RD, LD  
(859) 824-5074 Ext. 2723  
Every other Thursday at 10:30 am

#### **Kenton County Health Center**

Contact: Mandy Neiheisel, RD, LD  
(859) 431-3345 Ext. 2608  
First and Third Thursday of month at 2:30 pm

#### **St. Elizabeth Medical Center**

Offers classes one to three times per month  
(859) 301-2631

## Miscellaneous/Other

### **Baby Friendly Hospitals**

The Baby Friendly Hospital Initiative is a global program developed by the World Health Organization and UNICEF (the United Nations Children's Fund). It is based on the Ten Steps to Successful Breastfeeding. This prestigious national award recognizes birth facilities that offer breastfeeding mothers the information, confidence and skills needed to successfully initiate and continue breastfeeding their babies.

The Boutique at Women's Wellness: A special store for the new mom or the mom-to-be; on site at St. Elizabeth South, specializing in nursing bras, breast pumps and baby items

St. Elizabeth Medical Center  
One Medical Village Drive  
Edgewood, KY 41017

For more information: [www.stelizabeth.com](http://www.stelizabeth.com)





## **International Board Certified Lactation Consultants**

Tina Martin, LPN, IBCLC, RLC  
**Advocates For Womens Health**  
502-541-1400

Karen Aubery, RN, IBCLC, RLC  
Melissa LaMaster, RN, IBCLC, RLC  
Chris Percefull RN, IBCLC, RLC  
Charissa Shea RN, IBCLC, RLC  
Cindi Klausung, RN, IBCLC, RLC  
**Baptist Hospital East**  
4000 Kresge Way  
Louisville 40207  
502-897-8100

Melissa Wilson, RN, IBCLC, RLC  
Barbara Ruedel, RD, IBCLC, RLC  
**The Best Kids**  
217 Breckenridge Lane  
Louisville, KY 40207  
502-895-9421

Sheila Kaelin, RN, IBCLC, RLC  
**Breastfeeding Network**  
7704 Coral Bell Ct Louisville, KY  
502-897-8327

Andrea L. Denbow, BSN, ICCE, IBCLC, RLC  
Donnalynn Dennon. IBCLC, RLC  
Susan Raymer, RN, BSN, IBCLC, RLC  
**Clark Memorial Hospital**  
Breast Feeding Center  
1220 Missouri Avenue  
Jeffersonville, IN 47130  
812-283-2901

Celia Jones, BSN, RN, IBCLC  
Mary Jean Manderville, BSN, RNC, IBCLC,  
RLC  
**Floyd Memorial Hospital**  
1850 State Street  
New Albany, IN 47150  
812-949-5654

Barbara Ruedel, RD, LD, IBCLC, RLC  
**Louisville-Jefferson Metro Health  
Department**  
400 East Gray Street  
Louisville, KY 40202  
502-574-5279

Heidi Ranard, RN, IBCLC  
**Associates in OB/GYN**  
4121 Dutchmans Ln. Ste 300  
Louisville, KY 40241  
502-396-0491

Jena Booker, RN, IBCLC, RLC  
Joan Foos, RN, IBCLC, RLC  
**Norton-Kosair Children's Hospital/NICU/3N**  
P. O. Box 35070  
Louisville, KY 40232-5070  
502-629-5901

Vickie Sanders, IBCLC, RLC  
Melissa Wilson, RN, IBCLC, RLC  
Angie Roberts, IBCLC, RLC  
**Babiology**  
1009-B DuPont Square North  
Louisville, KY 40207  
502-721-7727

Susan Raymer, RN, BSN, IBCLC, RLC  
Mary Ann Ray, RN, IBCLC, RLC  
Debbie Moses, RN, IBCLC, RLC  
**Norton Suburban Hospital**  
4001 Dutchman's Lane  
Louisville, KY 40207  
502-899-6134

Barbara Koenig, RN, IBCLC, RLC  
**Partners In Women's Health**  
3940 Dupont Circle  
Louisville, KY 40207  
502-895-1111

**University of Louisville Hospital**  
530 S. Jackson Street  
Louisville, KY 40202  
502-562-6081

Melissa Gettelfinger, RN, IBCLC  
Jennifer Alexander, RN, IBCLC  
Mary Schroder, RN, IBCLC  
**Women's Pavillion, Norton's Hospital  
Downtown**  
200 East Chestnut Street  
Louisville, KY 40202  
502-629-7274

## **Regional Breastfeeding Coordinators**

Barbara Ruedel, RD, LD, IBCLC, RLC  
Louisville-Jefferson Metro Health Department  
400 East Gray Street  
Louisville, KY 40202  
502-574-5279  
[Barbara.ruedel@louisvilleky.gov](mailto:Barbara.ruedel@louisvilleky.gov)

## **WIC Breastfeeding Peer Counselor Program**

Barbara Ruedel, RD, LD, IBCLC, RLC  
Louisville-Jefferson Metro Health Department  
400 East Gray Street  
Louisville, KY 40202  
502-574-5279  
[Barbara.ruedel@louisvilleky.gov](mailto:Barbara.ruedel@louisvilleky.gov)



## Local Health Departments/WIC

### **Bullitt County Health Department**

181 Lees Valley Road  
P. O. Box 278  
Shepherdsville, KY 40165  
502-543-2415, 502-955-7837  
FAX 502-542-2998

Debra Lentz, RD, LD  
Breastfeeding Coordinator  
502-543-2415 ext. 121  
[DebraK.Lentz@ky.gov](mailto:DebraK.Lentz@ky.gov)

### **Louisville Metro Health Department**

400 East Gray Street  
P. O. Box 1704  
Louisville, KY 40202  
502-574-6676

Barbara Ruedel, RD, LD, IBCLC, RLC  
Breastfeeding Coordinator  
502-574-5279  
[barbara.ruedel@louisvilleky.gov](mailto:barbara.ruedel@louisvilleky.gov)

### **Park DuValle Community Center**

3015 Winston Avenue  
Louisville, KY 40211  
502-774-4401  
FAX 502-775-6195  
Breastfeeding Coordinator  
502-774-4401 ext. 1212

### **Children and Youth Project**

University of Louisville  
Dept. of Pediatrics  
School of Medicine  
Health Sciences Center  
555 S. Floyd Street  
Louisville, KY 40202  
502-852-5316  
FAX 502-852-6643

Shalaka Gupte  
Breastfeeding Coordinator  
502-852-8545

### **North Central District Health Dept.**

(Henry, Shelby, Spencer and Trimble)  
25 Village Plaza  
Shelbyville, KY 40065  
502-633-1243  
FAX 502-633-7658

### **Oldham County Health Department**

1786 Commerce Parkway  
LaGrange, KY 40031  
502-222-3516  
FAX 502-222-0816

Debra Lentz, RD, LD  
Breastfeeding Coordinator  
502-222-3516 ext. 28  
[DebraK.Lentz@ky.gov](mailto:DebraK.Lentz@ky.gov)

## Le Leche League

For the most up-to-date information, please see the webpage for La Leche League of Kentucky: [www.llofky.org](http://www.llofky.org)

La Leche League of Louisville, Kentucky and Vicinity  
(includes Southern Indiana)

<b><u>Group</u></b>	<b><u>Meeting Information</u></b>	<b><u>Contact</u></b>
Elizabethtown	Phone Help Only	Bridget 270-877-5811
Highlands	Evening meetings the first Tuesday of the month at 7:00 pm. Morning meetings the third Thursday of the month At 10:30 am	Wendey 812-923-6959 Susanne 502-314-8423 Judy 502-895-4282 Julie 502-290-5097 Maria 502-897-6429
Louisville East	Meets the third Wednesday of the month at 10:00 am	Ginny 502-458-0309 Dawn 502-379-4112
Southern Indiana	Meets the third Monday of the month at 6:45 pm	Mary Ann 812-288-9006 Annette 812-246-4125 Sonya 812-218-8230
South Louisville	Meets the first Thursday of the month at 7:00 pm	Rosanne 502-363-9945 Jacqui 502-364-0307
Oldham County	Phone Help Only	Ardie 502-222-2886 Pam 502-228-4185
Louisville Toddler Group	Phone Help Only	Ardie 502-222-2886 Ginny 502-458-0309
Highlands	Meets the second	Jacqui

Toddler Group

Tuesday of the month  
at 7:00 pm

502-364-0307

Maria

502-897-6429

## **Local Breast pump Rental and Sales**

### **Advocates for Women – Sales and Rentals**

4810 Olympia Park Plaza #2200, Louisville, KY 40241  
502-423-9595 Cell 502-541-1400

### **Babies R Us - Sales only**

4623 Shelbyville Rd, Louisville, KY 40207  
502-896-9994

### **Breast Start Lactation Service – Sales and Rentals**

Louisville, KY 40207-4706  
502-396-0491

### **Breastfeeding Center - Sales and Rentals**

Clark Memorial Hospital  
1220 Missouri Ave, Jeffersonville, IN 47130  
812-283-2901

### **Breastfeeding Partners, LLC – Sales and Rentals**

Oldham County & Shelby C.  
502-523-6811

### **Breastfeeding Network - Sales and Rentals (Delivery available)**

2223 Winston Ave, Louisville, KY 40205  
502-458-5215

### **Spaid Lactation Program – Sales and Rentals**

Watterson Towers  
1941 Bishops Ln Suite 102, Louisville, KY 40207  
502-637-5474

### **Babiology - Sales and Rentals**

1009B Dupont Square N, Louisville, KY  
502-721-7727

### **Total Woman - Sales only**

6400 Dutchmans Pkwy, Louisville, KY 40205  
502-894-9494

## Classes

### **Louisville Metro Health Department**

Monthly Classes – location and times vary  
Call Barbara Ruedel for Dates, Times, and Registration  
502-574-5279

### **Baptist Hospital East**

Classes Available – Call for Dates, Times and Registration and Fee  
502-897-8131

### **Norton Suburban Hospital**

Classes Available – Several times per Month  
502-629-1234      Class schedule - [nortonhealthcare.com](http://nortonhealthcare.com)

### **Women's Pavilion, Norton**

Classes Available - 2nd Monday of the Month  
502-629-1234      Class schedule – [nortonhealthcare.com](http://nortonhealthcare.com)

### **University of Louisville Hospital**

Classes Available – Call for Dates, Times and Registration  
502-562-6081

### **Babies R Us**

Monthly classes - Call for Dates, Times and Registration  
502-896-9994 ext. 3

### **Floyd Memorial Hospital**

Classes – Call for Dates, Times and Registration  
Register – 1-800-4SOURCE

### **Clark Co. Memorial Hospital**

Monthly classes  
Call for Dates, Times and Registration  
812-283-2045

## Coalitions

### **Kentuckiana Lactation Improvement Coalition**

Contact:

Barbara Ruedel  
Louisville Metro Health Department  
400 East Gray Street  
Louisville, KY  
502-574-5279  
[Barbara.ruedel@louisvilleky.gov](mailto:Barbara.ruedel@louisvilleky.gov)

## Miscellaneous/Other

The Louisville Metro Health Department initiated the Rock N' Relax project in 1991. It has been a continued undertaking each year at the Kentucky State Fair. This project was undertaken to heighten awareness of the health benefit of breastfeeding while providing mothers with a private place to feed, change and rock their babies.

The project is co-sponsored by *Baptist Hospital East*, who provides the financial support of approximately \$3000.00 per year. Rockers are available for moms in this area each year. The staffing is provided by personnel from local health departments, state health department and Baptist East with approximately 50 volunteers putting in approximately 335 hours.



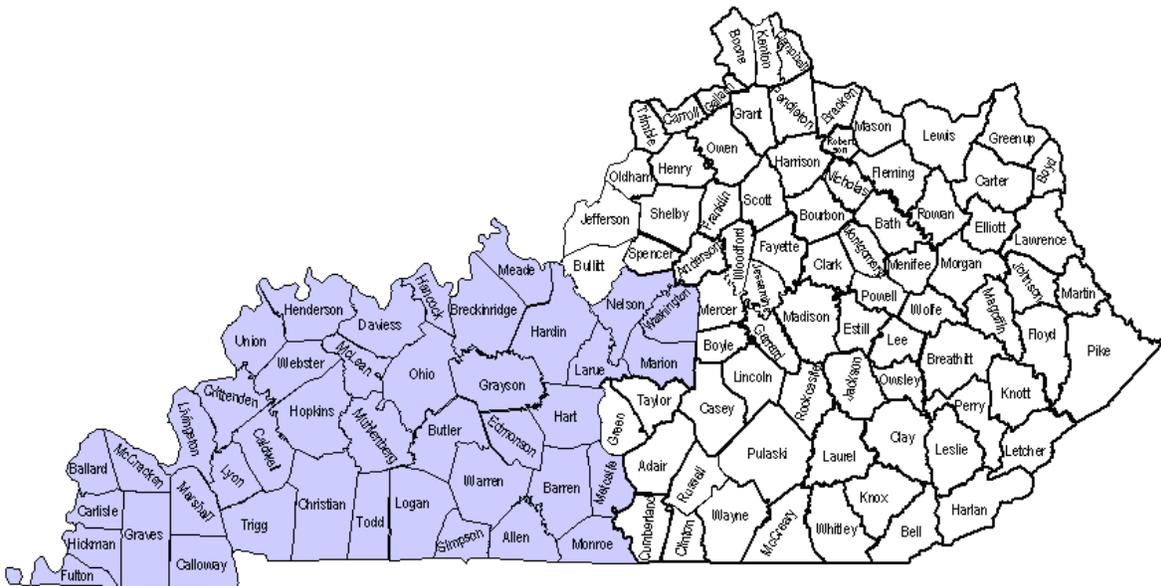
# Western Kentucky Region

Counties include:

Allen  
Ballard  
Barren  
Breckinridge  
Butler  
Caldwell  
Calloway  
Carlisle  
Christian  
Davies  
Edmonson  
Fulton  
Grayson  
Graves

Hancock  
Hardin  
Hart  
Henderson  
Hickman  
Hopkins  
Larue  
Livingston  
Logan  
Lyon  
Marion  
Marshall  
McCracken  
McLean

Meade  
Metcalfe  
Monroe  
Muhlenberg  
Nelson  
Ohio  
Simpson  
Trigg  
Union  
Warren  
Washington  
Webster



## International Board Certified Lactation Consultants

Cynthia Brooks, LPN, IBCLC, RLC  
Dana Carpenter, RN, IBCLC, RLC  
**T. J. Samson Community Hospital**  
1301 N Race Street  
Glasgow, KY 42141  
270-651-4295  
270-659-BABY

Susan H. Brown, RN, ICCE, IBCLC, RLC  
**Barren River District Health Dept**  
1109 State Street  
Bowling Green, KY 42102  
270-781-8039 ext. 181  
[SusanH.Brown@ky.gov](mailto:SusanH.Brown@ky.gov)  
home: 107 Robin Drive  
Glasgow, KY 42141  
270-651-6534

Shelia Catlett, ARNP, IBCLC, LCCE, RLC  
Home: 2664 Laurelstone Lane  
Bowling Green, KY 42101  
270-796-6125, cell 270-779-5946  
[shelia1532@aol.com](mailto:shelia1532@aol.com)  
outpatient lactation consults, sale of  
Medela pumps

Mary Decker, IBCLC  
Occupational Therapist  
Todd County Schools  
270-265-9424

Connie Dickson, RN, IBCLC  
Marilyn Thomas, RN, IBCLC  
Sabrina Miller, RN, IBCLC  
**Medical Center @ Bowling Green**  
250 Park Street  
Bowling Green, KY 42101  
270-796-2495  
[dckcw@chc.net](mailto:dckcw@chc.net)  
No charge for prenatal classes for patients  
delivering at the Medical Center.

Debbie Cornwell RN, IBCLC, RLC  
**Western Baptist Hospital**  
2501 Kentucky Ave  
Paducah, Ky 42003  
270-575-2254  
[Debra.cornwell2@BHSI.com](mailto:Debra.cornwell2@BHSI.com)  
Breastfeeding classes 2nd Saturday of  
each month from 9am-11am and 4th  
Monday of each month from 5pm to 7pm

Sandra G. Grimsley, RN, IBCLC, RLC  
**Green River District Health Dept**  
Preinatal Home Visiting Program  
1600 Breckenridge Street  
Owensboro, KY 42303  
270-852-5472  
[sandygrimsley@yahoo.com](mailto:sandygrimsley@yahoo.com)  
Medela Certified Bra Fitter. Sees  
insurance clients through CherriCare.

Kathy Bradley, RN, IBCLC  
**Methodist Hospital**  
1305 North Elm Street  
Henderson, KY 42420  
270-831-7953  
[kbradley@methodisthospital.net](mailto:kbradley@methodisthospital.net)  
inpatient services, outpatient lactation  
services, breastfeeding classes 2<sup>nd</sup>  
Thursday of every month

Lynn Johnson, RN, IBCLC, RLC, RLC  
**Owensboro Medical Health System**  
New Life Birthing Center  
811 East Parrish Ave.  
Owensboro, KY 42303  
270-725-4697  
[hjohnson@omhs.org](mailto:hjohnson@omhs.org)

Jane Lash, RN, IBCLC, CCE, RLC  
Independent Consultant  
1427 Woodhurst St.  
Bowling Green, KY 42104  
270-842-8300  
[janelashrn@aol.com](mailto:janelashrn@aol.com)

Brandee Foster, RN, IBCLC, RLC  
941 Gamble Lane  
Nortonville, KY 422442  
270-676-3262  
Cell 270-399-1049  
[Mothersjoy1@yahoo.com](mailto:Mothersjoy1@yahoo.com)

Leigh Lindsey, IBCLC, RNC, CNM, FNP  
**Western Ky University & Women's  
Health Specialists**  
2925 Cheyenne Drive (home)  
Bowling Green, KY 42104  
270-393-9413  
[Leigh.Lindsey@insightbb.com](mailto:Leigh.Lindsey@insightbb.com)

Joyce Noe, RN, IBCLC, RLC  
P.O. Box 10, Nashville Street  
Russellville, KY 42276  
270-725-4697  
[joyce.noe@lpnt.net](mailto:joyce.noe@lpnt.net)

Bonnie Reed, MA, IBCLC, RLC  
1925 Cedar Ridge Road  
Bowling Green, KY 42101  
270-791-2163, 270-843-5566  
[bonniereed@insightbb.com](mailto:bonniereed@insightbb.com)  
home visits, hospital visits, collaboration  
with pediatricians

Sue Ellen Ragsdale, RN, IBCLC  
**Lourdes Hospital**  
1530 Lone Oak Rd  
Paducah, KY 42003  
270-444-2640  
[sragsdale@lourdes-pad.org](mailto:sragsdale@lourdes-pad.org)

Karen Wethington, RN, ASN, IBCLC,  
RLC  
LeahBeth Moore, RN, IBCLC, RLC  
Elaine Berry, RNC, IBCLC, RLC, CCE  
**Owensboro Medical Health System**  
811 East Parrish Avenue  
Owensboro, KY 42303  
270-688-2330

Jenny M. Rush, RN, IBCLC, RLC  
**Jennie Stuart Medical Center**  
3440 Hermitage Drive  
Hopkinsville, KY 42240  
270-885-2888 or 270-887-8707  
[rushjenny@yahoo.com](mailto:rushjenny@yahoo.com)

Elizabeth Khadem, RN, BSN, IBCLC  
**Murray Calloway County Hospital**  
803 Poplar Street  
Murray, KY 42071  
270-762-1940  
[mekhadem@murrayhospital.org](mailto:mekhadem@murrayhospital.org)

Mary Batt, RNC, IBCLC  
**SpringView Hospital**  
Lebanon, KY 40033  
270-692-5100 (Women's Center)  
[kymebrn@yahoo.com](mailto:kymebrn@yahoo.com)  
breastfeeding classes, outpatient  
counseling, SNS and adoptive nursing,  
clinical lactation consulting



## **Regional Breastfeeding Coordinators**

Merritt Bates Thomas, RD, LD, CLC  
**Green River District Health Department**  
1501 Breckinridge  
P. O. Box 309  
Owensboro, KY 42303-0309  
270-852-5561  
[Merritt.Thomas@ky.gov](mailto:Merritt.Thomas@ky.gov)

Dana O'Meallie Bennett, RD, LD, CLC  
**Allen County Health Department**  
207 E. Locust Street  
P. O. Box 129  
Scottsville, KY 42164  
(270) 237-4423  
[Dana.Bennett@ky.gov](mailto:Dana.Bennett@ky.gov)

Johnna Black, RN, CLC  
**Purchase District Health Department**  
602 Memory Lane  
P. O. Box 2597  
Paducah, KY 42004-2597  
(270) 753-3381 Ext: 353  
[JohnnaF.Black@ky.gov](mailto:JohnnaF.Black@ky.gov)

## **Breastfeeding Peer Counselor Programs**

Dana O'Meallie Bennett  
**Allen County Health Department**  
(270) 237-4423 ext. 103  
[Dana.Bennett@ky.gov](mailto:Dana.Bennett@ky.gov)

Diane Sprowl  
**Barren River District Health Department**  
(270) 781-8039  
[DianeJ.Sprowl@ky.gov](mailto:DianeJ.Sprowl@ky.gov)

Merritt Bates Thomas  
**Green River District Health Department**  
(270) 852-5561  
[Merritt.Thomas@ky.gov](mailto:Merritt.Thomas@ky.gov)

Teresa Delancey  
**Marshall County Health Department**  
(270) 527-1496  
[TeresaH.Delancey@ky.gov](mailto:TeresaH.Delancey@ky.gov)

## **Local Health Departments/WIC**

### **Allen County Health Department**

207 East Locust Street  
P.O. Box 129  
Scottsville, KY 42164  
270-237-4423  
Fax 270-237-4777

Dana O'Meallie Bennett, RD, LD, CLC  
Breastfeeding Coordinator  
270-237-4423  
[Dana.Bennett@ky.gov](mailto:Dana.Bennett@ky.gov)

### **Barren River District Health Department**

(Barren, Butler, Edmonson, Hart, Logan,  
Metcalfe, Simpson, Warren)  
1109 State Street  
P.O. Box 1157  
Bowling Green, KY 42102-1157  
270-781-8039 x161  
FAX 270-796-8946

Kelli Johnson, MS, RD  
Breastfeeding Coordinator  
270-781-8039 x158  
[kellil.johnson@ky.gov](mailto:kellil.johnson@ky.gov)

### **Breckinridge County Health Dept**

105 W. Second Street  
P.O. Box 456  
Hardinsburg, KY 40143  
270-756-5121  
Fax 270-756-9090

Jeannie King  
Breastfeeding Coordinator  
270-756-5121  
[hildaj.king@ky.gov](mailto:hildaj.king@ky.gov)

### **Graves County**

416 Central Avenue  
Mayfield, Ky 42066  
270-247-3353

Leah Hayden RN  
Breastfeeding Coordinator  
270-247-3553 Ext: 217  
[LeahL.Hayden@ky.gov](mailto:LeahL.Hayden@ky.gov)

### **Green River District Health Department**

(Davies, Hancock, Henderson, McLean,  
Ohio, Union, Webster)  
1501 Breckinridge  
P. O. Box 309  
Owensboro, KY 42302  
270-686-7747  
FAX 270-926-9862

Merritt Bates Thomas, RD, LD, CLC  
Breastfeeding Coordinator  
270-852-5561  
[Merritt.Thomas@ky.gov](mailto:Merritt.Thomas@ky.gov)

### **Hopkins County Health Department**

412 North Kentucky Avenue  
P.O. Box 1266  
Madisonville, KY 42431  
270-821-5242  
Fax 270-825-0138

Kathy Carlisle  
Breastfeeding Coordinator  
270-821-5242 x262  
[KatherineE.Carlisle@ky.gov](mailto:KatherineE.Carlisle@ky.gov)

**Christian County Health Department**

1700 Canton Street  
P.O. Box 647  
Hopkinsville, KY 42240-0647  
270-887-4160  
Fax 270-887-4165

Jennifer Chewning  
Breastfeeding Coordinator  
270-956-3247  
[Jennifer.chewning@ky.gov](mailto:Jennifer.chewning@ky.gov)

**Marshall County Health Department**

307 East 12th Street  
P.O. Box 607  
Benton, KY 42025  
270-527-1496  
Fax 270-527-5321

Stephani Hovekamp  
Breastfeeding Coordinator  
270-527-1496  
[Hovekamp@gmail.com](mailto:Hovekamp@gmail.com)

**Monroe County Health Department**

452 E. 4th Street  
P.O. Box 247  
Tompkinsville, KY 42167  
270-487-6782  
Fax 270-487-5457

Dyshel Thompson  
Breastfeeding Coordinator  
270-487-6782  
[DyshelD.Thompson@ky.gov](mailto:DyshelD.Thompson@ky.gov)

**Lincoln Trail District Health Department**

(Grayson, Hardin, Larue, Marion, Meade,  
Nelson, Washington)  
1222 Woodland Avenue  
P.O. Box 2609  
Elizabethtown, KY 42702  
270-769-1601  
FAX 270-765-7274

Roxanne True, MS, RD, LD  
Breastfeeding Coordinator  
270-769-1601 x1006  
[roxanneo.true@ky.gov](mailto:roxanneo.true@ky.gov)

**Pennyrile District Health Department**

(Caldwell, Crittenden, Livingston, Lyon,  
Trigg)  
211 W. Fairview Avenue  
P.O. Box 579  
Eddyville, KY 42038  
270-388-9747  
FAX 270-388-7749

Andrea Tyson-Butts  
Breastfeeding Coordinator  
270-365-6571  
[AndreaT.Butts@ky.gov](mailto:AndreaT.Butts@ky.gov)

**Todd County Health Department**

205 McReynolds Drive  
P. O. Box 305  
Elkton, KY 42220  
270-265-2362  
FAX 270-265-0602

Breastfeeding Coordinator  
270-265-2362

**Purchase District Health Department**  
 (Ballard, Calloway, Carlisle, Fulton, Hickman  
 and McCracken)  
 916 Kentucky Avenue  
 P.O. Box 2357  
 Paducah, KY 42002-2357  
 270-444-9625  
 FAX 270-575-5458

Johnna Black, RN, CLC  
 Breastfeeding Coordinator  
 270-444-9631 ext. 158  
[johnnaf.black@ky.gov](mailto:johnnaf.black@ky.gov)

## La Leche League and Mother Support Groups

<u>Group</u>	<u>Meeting Information</u>	<u>Contact</u>
Bowling Green, KY	Second Tues., 6:30 pm ALIVE Center	Bonnie 270-843-5566
Clarksville, TN	Third Wed., 10:00 am Clarksville Montgomery Co Public Library 350 Pageant Lane	Sara 931-439-2723 Gini 931-906-8946
Ft. Campbell (Christian County)	First Wed., 7:00 pm Blanchfield Army Community Hospital Classroom #1	Sara 931-439-2723 Gini 931-906-8946
Owensboro (Daviness Co.)	Call for more information	Dawn 270-729-4398
Martin, TN	Third Tuesdays of month, 7:00 pm	Sandy Davis 731-587-9134



## **Pump Rentals**

### **Corner Homecare/Option Care**

5010 Back Square Drive  
Owensboro, KY 42301  
270-686-7000  
Fax: 270-926-4448

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

### **Corner Homecare/Option Care**

546 Lone Oak Road  
Paducah, KY 42003  
270-443-3311  
Fax: 270-442-7710

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

### **Medequip**

403 31 W Bypass  
Bowling Green, KY 42101  
877-671-0064  
270-393-8802

### **Rice Drugs**

1209 North Main Street  
Beaver Dam, KY 42320  
270-274-3318

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

[rx@ricedrugs.com](mailto:rx@ricedrugs.com)

Medela hospital grade pump  
rentals and nursing products

### **Pennyrile Home Medical**

307 East Main Street  
Cadiz, KY 42211  
270-552-8002  
Fax: 270-552-0614

[dchesnut@bellsouth.net](mailto:dchesnut@bellsouth.net)

### **Embry's Medical Supply**

10 Industrial Drive  
Caneyville, KY 42721  
270-879-9287  
Fax: 270-879-3405

[embrymedical@alltell.net](mailto:embrymedical@alltell.net)

### **Community Methodist Hospital**

Medical Equipment  
Henderson, KY 42420  
270-726-7626

### **Option Care**

1111 N. Dixie Hwy., Suite 14  
Elizabethtown, KY 42701  
270-763-0203

### **Vann Health Care Svc. Pharmacy**

1220 N. Race Street  
Glasgow, KY 41141  
270-651-7627

### **Gibson Discount Pharmacy**

715 East Broadway  
Mayfield, KY 42066  
270-247-7300

### **Today's Nursing Mother, Inc.**

7711 Old Highway 11  
Memphis, IN 41243  
812-246-5731

### **Medical Arts – Home Medical**

300 S. 8<sup>th</sup>, Suite 104E  
Murray, KY 42071  
270-762-1502

**Community Oxygen & Medical**

603 W. Everly Brothers Blvd.  
P.O. Box 431  
Central City, KY 42330  
270-754-3187

**Apothecary Shoppe**

1520 Cuba Rd  
Mayfield, Ky 42066  
270-247-3111

**Danhauer Drugs**

330 Frederica Street  
Owensboro, KY 42301  
270-684-2341  
Fax: 270-684-2396

**Stone Lang**

2620 Broadway  
Paducah, KY 42001  
270-442-3561

**Avenue Pharmacy**

131 Park Avenue  
Glasgow, KY 42141  
270-651-5156  
Fax: 270-651-1096

**Corner Homecare/Option Care**

108 East Washington Street  
Princeton, KY 42445  
270-365-2079  
Fax: 270-365-2024  
[www.cornerhomecare.com](http://www.cornerhomecare.com)  
[sboaz@cornerhomecare.com](mailto:sboaz@cornerhomecare.com)

**Evans Total Care**

208 Lake St.  
Fulton, KY 42041  
270-472-2984

**Riley White Drugs**

153 Park Sq. NW  
Russellville, KY 42276  
270-726-7626

**CherriCare**

1726 Sweeny Street  
Owensboro, KY 42303  
270-926-2252  
Fax: 270-926-7647  
[clolley@cherricare.com](mailto:clolley@cherricare.com)  
Medela pumps and products IBCLC  
Consult available by appointment

## Classes, Supplies, and Sales

**Barren River District:****Barren River District Health Department**

1109 State Street  
Bowling Green, KY 42101  
Classes in 3 counties: Hart, Metcalfe and Warren  
Contact: Susan Brown for details: 270-781-8039 ext 181 or [SusanH.Brown@ky.gov](mailto:SusanH.Brown@ky.gov).

**Medical Center – Bowling Green**

Free with Stork Club Membership: apply early!

Check website for dates and times: [www.mcba.org](http://www.mcba.org)

**TJ Samson Regional Hospital**

Contact Dana or Cynthia at 270-651-4295 or 270-659-BABY

**Tomorrow's Woman**

2632 Russellville Road

Bowling Green 42101

270-781-5171

Fax: 270-846-7968

Bras, pumps and pump parts for sale

**Green River District:**

**Methodist Hospital** at 270-827-7114

**Owensboro Medical Health Systems**

Contact Elaine Berry, RNC, IBCLC, RLC at 270-688-5099

Cathy Wimsatt, RN, BSN at 270-688-5098

**Pennyrile District:**

**Jennie Stuart Medical Center**

320 West 18<sup>th</sup> St, Hopkinsville, KY 42240

Contact Jenny Rush, RN, IBCLC at 270-887-8707

1<sup>st</sup> Thursday of each month from 6-8 pm in the Board Room.

Pre-registration encouraged but not required – refreshments provided.

Cost: FREE

**Purchase District:**

**Purchase District Health Department – Calloway**

Contact Johnna Black at 270-753-3381 ext 353

**Western Baptist Hospital-Paducah**

Contact Debbie Cornwell at 270-575-2254

**Lourdes Hospital-Paducah**

Contact Sue Ellen Ragsdale at 270-444-2640

**Jackson Purchase Medical Center-Mayfield**

Contact 270-251-3461

**Murray-Calloway County Hospital-Murray**

Private Pre-natal lactation consult – 1 hour

Phone Consultation

Post-partum follow-up

All services free for patients delivering at MCCH

Contact Elizabeth Khadem at 270-762-1425

**Marshall County:**

**Mother-to-Mother Support Group**  
First Friday of the month  
10:30 am  
Marshall County Public Library – Benton

**Breastfeeding Peer Counselor**  
Stepheni Hovekamp  
270-205-5787

## Coalitions

### Western Kentucky Breastfeeding Coalition

Contact:

Johnna Black, RN, CLC  
**Purchase District Health Department**  
602 Memory Lane  
Murray, Ky 42071  
(270) 753-3381 Ext: 353  
[JohnnaF.Black@ky.gov](mailto:JohnnaF.Black@ky.gov)

Dana O'Meallie Bennett, RD, LD, CLC  
**Allen County Health Department**  
207 E. Locust Street  
P. O. Box 129  
Scottsville, KY 42164  
(270) 237-4423  
[Dana.Bennett@ky.gov](mailto:Dana.Bennett@ky.gov)

Merritt Bates Thomas, RD, LD, CLC  
**Green River District Health Department**  
1501 Breckinridge  
P. O. Box 309  
Owensboro, KY 42303-0309  
270-852-5561  
[Merritt.Thomas@grdhd.org](mailto:Merritt.Thomas@grdhd.org)

### BabyNet

Contact:

Dana O'Meallie Bennett, RD, LD, CLC  
**Allen County Health Department**  
207 E. Locust Street  
P. O. Box 129  
Scottsville, KY 42164  
(270) 237-4423  
[Dana.Bennett@ky.gov](mailto:Dana.Bennett@ky.gov)

### Green River District Coalitions

**Daviess County Breastfeeding Coalition**

Contact: Jennifer Thompson, MS, RD, LD, CLC  
270-852-5401

**Growing a Healthy Henderson**

Contact: Becky Haynes, RD, LD  
270-826-2951

**Hancock County Breastfeeding Coalition**

Contact: Haley Hardin, RD, LD  
270-927-8803

**McLean County Breastfeeding Alliance**

Contact: Tricia Foster, RD, LD, CLC  
270-273-3062

**Ohio County Breastfeeding Coalition**

Contact: Mary Linda Rogers, MS, CN, CDE  
270-298-3663

**Webster County Breastfeeding Coalition**

Contact: Donna Mason, MS, CN  
270-639-9315

**Websites**

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

**Mother Nurture Portable Rooms for Loaning**

**Purchase District Health Department**

602 Memory Lane  
Murray, Ky 42071  
270-753-3381 Ext: 353  
Contact: Johnna Black

