Volunteer Opportunities for Prehealth Students in the Western New York Area

(Updated: January 2020)
As a Prehealth student, you have chosen a rewarding and challenging career path. You are committing yourself to the compassionate care of others. Medical and other professional health schools expect that you have made an informed decision, are oriented toward service to others and have educated yourself about the profession which you intend to enter. Additionally, there should be a natural curiosity and enthusiasm on your part to have exposure to relevant medical settings. Volunteer and service work help assure you that you have made the right decision. Consider the following words applicable to ALL students considering a health profession: “Professional schools will forever seek students who communicate effectively, who rigorously pursue intellectual intelligence, and who find purpose, satisfaction, and dignity in human service.”

~Mike Magee, MD
Transportation Information
There are several options for transportation from UB to local volunteering and shadowing sites for those who do not have a car. Regardless of your mode of transportation, please be safe!

- Consider volunteering with a buddy and be familiar with your surroundings, especially in the evenings/night.
- Ask a security officer at your volunteer site to escort you to your car or bus/subway stop.
- Take advantage of the university’s transportation or the safety escort services. Otherwise, walk with friends or classmates. Call 716-829-2954 or visit http://www.buffalo.edu/studentlife/life-on-campus/safety.html for more information on Safety Shuttles.

UB Downtown Campus Shuttle “The Blue Line” (FREE!)
https://www.buffalo.edu/parking/getting-around-UB/bus.html
This route connects the Downtown and South campuses with stops at the Buffalo Niagara Medical Campus, as well as other locations.

Public Transportation Between UB and Local Hospitals
♦ Go to NFTA-Metro Trip Planner:
http://tripplanner.nfta.com/
1. Choose your departure and arrival locations (you may select several “popular locations” from drop-down menu, including UB North Campus, South Campus, University Station (metro rail), and a number of local hospitals.
2. Select the date and time of your trip.
3. Decide how far you want to walk.
4. Decide what you most want to minimize (time, transfers, or walking) and specify if you need any accommodations.

Other Transportation Options
♦ Bicycling
  - Bike-sharing: https://www.buffalo.edu/parking/getting-around-UB/bicycling.html#title_11
♦ Car-sharing with Zip Car: https://www.buffalo.edu/parking/getting-around-UB/driving/zipcar.html
♦ Ride-sharing available through a variety of vendors

Community Service General Contacts
♦ Student Engagement: https://www.buffalo.edu/studentlife/who-we-are/departments/engagement.html
♦ Central Referral Services at Erie County: www.211wny.org (click on Erie County-Search by Keyword)
  1. Put in a keyword pertaining to the type of volunteering/volunteer placement you are interested in
  2. Select “Find program/agency”
  3. You will see all agencies providing these services with links.
♦ United Way of Buffalo and Erie County Volunteer Center:
  http://www.uwbec.org/content/pages/volunteercenter
How to Document Your Clinical Experiences

It is important that you keep track of your clinical experiences so that you can easily and accurately report these experiences when it is time to apply to the Prehealth Committee and professional health schools. We recommend keeping a journal for yourself that includes the following information for each experience:

- Experience type (e.g., volunteering, shadowing, internships, clinical research, etc.)
- Name of medical professional (if applicable)
- Professional’s contact information (e.g., phone, email)
- Name of facility
- Location
- Start and end dates
- Approximate number of hours per week
- Total number of hours
- Brief description

It is often helpful in your description to be detailed about what you observed, or about what your specific responsibilities were and briefly comment on what you learned or gained from the experience. Below are a few questions to help you reflect on your experiences.

Questions for Reflection:

1. What did you learn about the _______ of _________ as a result of this experience?
2. What did you learn about yourself (strengths/weaknesses, interests, skills, values)?
3. Did this experience change your views/understanding of health care in the US (or abroad) in any way? If so, how?
4. What did you find most rewarding about your experience? Most challenging?
5. Were there any interesting/memorable events or patients that you want to be sure to remember? (Be sure to exclude names to maintain privacy).
Chiropractic Profession

♦ Dr. Alison Cummings
Inner Balance Chiropractic
2800 Sweet Home Road, Suite 1
Amherst, New York 14228
(716) 210-1060

♦ Drs. Thomas G. Lyons & Elizabeth T. Lyons
Amherst Chiropractic
1622 Hopkins Road
Williamsville, New York 14221
(716) 689-0766

♦ Dr. Patrick O’Neill
O’Neill Chiropractic
616 Potomac Ave.
Buffalo, New York 14222
(716) 884-4450

Dental Profession

♦ Baker Victory Dental Center
http://www.bakervictoryservices.org/dental/about-the-dental-center/
790 Ridge Road
Lackawanna, New York 14218
(716) 828-9334

♦ Dr. Bob’s Dental Care (7 locations):
Call one location and ask for Office Manager.
https://www.drbobsdentalcare.com/

1. Amherst Office
  4927 Main Street
  Amherst, New York 14226
  (716) 631-2728

2. Buffalo Office
  892 Elmwood Avenue
  Buffalo, New York 14222
  (716) 332-0460

3. Cheektowaga Location
  3099 William Street
  Cheektowaga, New York 14227
  (716) 668-9998

4. Hamburg Location
  4741 Camp Road
  Hamburg, New York 14075
  (716) 646-9423

5. Kenmore Location
  956 Kenmore Avenue
  Buffalo, New York 14216
  (716) 874-7112

6. Niagara Falls Location
  8875 Porter Road
  Niagara Falls, New York 14304
  (716) 297-5500

7. North Buffalo Location
  2727 Main Street
  Buffalo, New York 14214
  (716) 833-2727

♦ Erie County Medical Center (ECMC) Center for Dental Care
**This is a general dentistry clinic and offers limited shadowing times.**
http://www.ecmc.edu/health-services-and-doctors/outpatient-specialty-clinics/dental-clinic/
Contact: Christine Lendway
ECMC Main Building, 1st Floor (Suite 150)
462 Grider Street
Buffalo, New York 14215
(716) 898-3189

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Dental Profession Continued.

♦ **Harvest House Ministries Good Neighbors Health Care**
  *Open Monday evenings, Wednesday mornings and Friday afternoons*
  [https://www.harvesthousebuffalo.org/volunteer](https://www.harvesthousebuffalo.org/volunteer)
  175 Jefferson Avenue
  Buffalo, New York 14210
  (716) 825-0929 ext. 302
  goodneighbors@harvesthousebuffalo.org

♦ **Neighborhood Health Center (4 locations)**
  [http://www.neighborhoodhealthcenter.org/services.html](http://www.neighborhoodhealthcenter.org/services.html)
  1. **Blasdell**
     4233 Lake Avenue
     Blasdell, New York 14219
     (716) 332-3070
  2. **Mattina**
     300 Niagara Street
     Buffalo, New York 14201
     (716) 242-8600
  3. **North West Buffalo**
     155 Lawn Avenue
     Buffalo, New York 14207
     (716) 875-2904
  4. **Southtowns**
     151 Elmview Avenue
     Hamburg, New York 14075
     (716) 648-4345

♦ **Private Practices**
  Network through your own dentist, family friends, neighbors, relatives in the dental profession (e.g., dentist, hygienist, assistant, secretary)

  **Call office first; have resume available**

♦ **Roswell Park Comprehensive Cancer Center**
  **This is offered on a case-by-case basis, you will need updated flu shots and PPD**
  [https://www.roswellpark.org/center/dental-maxillofacial](https://www.roswellpark.org/center/dental-maxillofacial)
  Contact: Janet Martin
  Elm & Carlton Streets
  Buffalo, New York 14263
  (716) 845-5970

♦ **Winning Smiles Pediatric Dentistry (3 locations)**
  Contact Lee Ann at (716) 332-2444

  1. **Amherst Office**
     3476 Sheridan Drive
     Amherst, New York 14226
  2. **Buffalo Office**
     205 Linwood Ave.
     Buffalo, New York 14209
  3. **Orchard Park Office**
     3364 Southwestern Boulevard
     Orchard Park, New York 14127
Medical Profession

♦ Alpha Epsilon Delta (AED)
  https://buffalo.campuslabs.com/engage/organization/AED

♦ Aspire of Western New York (formerly United Cerebral Palsy Association)
  http://www.aspirewny.org/
  2356 North Forest Road
  Getzville, New York 14068
  (716) 324-2744

♦ Association for Pre-Medical Students (APMS)
  http://ubwp.buffalo.edu/apms/
  • Shadowing Opportunities through APMS
    http://ubwp.buffalo.edu/apms/shadowing-opportunities/

♦ Autism Services, Inc.
  http://friendsofasi.org/
  40 Hazelwood Drive
  Amherst, New York 14228
  (716) 631-5777

♦ Buffalo Psychiatric Center
  https://omh.ny.gov/omhweb/facilities/bupc/index.html
  400 Forest Avenue
  Buffalo, New York 14213
  (716) 885-2261

♦ Buffalo VA Medical Center (Across from South Campus)
  http://www.buffalo.va.gov/giving/index.asp
  3495 Bailey Avenue
  Buffalo, New York 14215
  (716) 862-8671

♦ Camp Good Days and Special Times
  http://www.campgooddays.org/volunteer
  1. Summer Camping Programs
     PO Box 665
     1332 Pittsford-Mendon Road
     Mendon, New York 14506
     (585) 624-5555

  2. Year Round Programs
     Western NY Regional Office
     6430 Transit Road, Suite 200
     Depew, New York 14043
     (716) 206-0709

♦ Catholic Health Systems (5 locations)
  http://www.chsbuffalo.org/Give/Volunteer
  1. Kenmore Mercy Hospital
     2950 Elmwood Avenue
     Kenmore, New York 14217
     (716) 447-6189

  2. Mercy Hospital of Buffalo
     555 Abbott Road
     Buffalo, New York 14220
     (716) 828-2098

  3. Mount St. Mary’s Hospital
     5300 Military Road
     Lewiston, New York 14092
     (716) 297-4800

  4. Sisters of Charity Hospital
     2157 Main Street
     Buffalo, New York 14214
     (716) 862-1106

  5. Sisters of Charity Hospital St. Joseph Campus
     2605 Harlem Road
     Cheektowaga, New York 14225
     (716) 891-2545

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♦ Community Health Center of Buffalo (4 locations)  
   http://www.chcb.net/

1. Buffalo Office
   34 Benwood Avenue
   Buffalo, New York 14214
   (716) 986-9199

3. Lockport Office
   38 Heritage Court
   Lockport, New York 14094
   (716) 478-6655

2. Cheektowaga Office
   934 Cleveland Drive
   Cheektowaga, NY 14225
   (716) 304-1056

4. Niagara Falls Office
   2715 Highland Avenue
   Niagara Falls, New York 14305
   (716) 278-4418

♦ Eastern Niagara Health System (2 sites)  
   http://www.enhs.org/

1. Lockport Site
   521 East Avenue
   Lockport, New York 14094
   (716) 514-5700

2. Newfane Site
   2600 William Street
   Newfane, New York 14108
   (716) 778-5111

♦ Elmwood Health Center (Affiliated with People, Inc.)  
   http://www.elmwoodhealthcenter.org/index.html

2128 Elmwood Avenue
Buffalo, New York 14207
(716) 874-4500

♦ Erie County Medical Center (ECMC)  
   http://www.ecmc.edu/about-ecmc/volunteer-at-ecmc/
   Contact: Kathi Mitri
   462 Grider Street
   Buffalo, New York 14215
   (716) 898-3266
   Email: KMitri@ecmc.edu

♦ Evergreen Health Services of Western New York (2 locations)  
   http://evergreenhs.org/GetInvolved/Volunteer

1. Buffalo Elmwood Office
   206 South Elmwood Avenue
   Buffalo, New York 14201
   (716) 847-2441

2. Southern Tier Services
   408 West 5th Street
   Jamestown, New York 14701
   (716) 664-7855

♦ Harvest House  
   Open Monday evenings, Wednesday mornings and Friday afternoons  
   https://www.harvesthousebuffalo.org/volunteer
   Contact: Tom Koch
   1782 Seneca Street
   Buffalo, New York 14210
   (716) 856-2400
   goodneighbors@harvesthousebuffalo.org

♦ Homeless Shelters (2 locations)

1. Buffalo City Mission
   https://www.buffalocitymission.org/volunteer-positions/
   100 E. Tupper Street
   Buffalo, New York 14203
   (716) 854-8181 ext. 419

2. Friends of the Night People
   https://friendsofnightpeople.com/volunteer/
   394 Hudson Street
   Buffalo, New York 14201
   (716) 884-5375

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♦ Hospice Buffalo
https://www.hospicebuffalo.com/donate/volunteer/
225 Como Park Blvd.
Cheektowaga, New York 14227
(716) 989-2018

♦ Jericho Road Community Health Center
(Includes Hope Refugee Drop-In Center)
http://www.jrchc.org/volunteer/
Contact: Mary Moy
233 West Ferry Street
Buffalo, New York 14213
(716) 348-3000
Volunteer Coordinator: volunteer@jrchc.org

♦ Kaleida Health Facilities (4 sites)
http://www.kaleidahealth.org/Volunteer/
1. Buffalo General Medical Center
   Contact: Fr. Richard Augustyn
   raugustyn@kaleidahealth.org
   100 High Street
   Buffalo, New York 14203
   (716) 859-2603

2. DeGraff Memorial Hospital
   445 Tremont Street
   North Tonawanda, New York 14120
   (716) 690-2088

3. John R. Oishei Children's Hospital
   Contact: Anna Jaremko
   ajaremko@kaleidahealth.org
   818 Ellicott Street
   Buffalo, New York 14203
   (716) 323-2420

4. Millard Fillmore Suburban Hospital
   Contact: Rebecca Lewis
   rlewis2@kaleidahealth.org
   1540 Maple Road
   Hamburg, New York 14075
   (716) 568-3820

♦ Lighthouse Free Medical Clinic
http://www.acsu.buffalo.edu/~abdulhas/LH/
1323 Jefferson Avenue
Buffalo, New York 14208
(716) 222-0805
Email: lighthouse.volunteer@gmail.com

♦ Neighborhood Health Center (4 locations)
http://www.neighborhoodhealthcenter.org/services.html
1. Blasdell
   4233 Lake Avenue
   Blasdell, New York 14219
   (716) 332-3070

2. Mattina
   300 Niagara Street
   Buffalo, New York 14201
   (716) 242-8600

3. North West Buffalo
   155 Lawn Avenue
   Buffalo, New York 14207
   (716) 875-2904

4. Southtowns
   151 Elmview Avenue
   Hamburg, New York 14075
   (716) 648-4345

♦ Niagara Falls Memorial Medical Center
621 10th Street
Niagara Falls, New York 14302
(716) 278-4440
volunteers@nfmcm.org

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♦ Niagara Hospice
  http://www.niagarahospice.org/volunteer
  4675 Sunset Drive
  Lockport, New York 14094
  (716) 280-0748

♦ Nursing Homes
  Elderwood (various locations)
  http://www.elderwood.com/

♦ Physician Shadowing
  Network through your own physician, family friends, neighbors, relatives in this profession.
  **Call office first; have resume available**

♦ Public Health Agencies

♦ Research Laboratories
  1. Center for Undergraduate Research and Creative Activities (UB)
     http://curca.buffalo.edu/
     17 Norton Hall
     Buffalo, New York 14260
     (716) 645-7778
     ub-curca@buffalo.edu
  2. UB and Affiliated Research Centers
     http://www.buffalo.edu/research/research-centers.html
     516 Capen Hall
     Buffalo, New York 14260
     (716) 645-3321

♦ Rochester Rotary Sunshine Campus
  https://www.sunshinecampus.org/
  809 Five Points Road
  Rush, New York 14543
  (585) 533-2080

♦ Roswell Park Comprehensive Cancer Center
  https://www.roswellpark.org/volunteer
  Elm & Carlton Streets
  Buffalo, New York 14263
  (716) 845-5708

♦ Sisters of Charity Hospital (Osteopathic Training Program)
  http://www.chsbuffalo.org/Education/GME/Osteopathic/Lectures
  Contact: Pam Rizzo
  pweimer@chsbuffalo.org
  2157 Main Street
  Buffalo, New York 14214
  (716) 862-1840
Optometry Profession

♦ Buffalo VA Medical Center Eye and Vision Care or Vision Rehabilitation Services
  http://www.buffalo.va.gov/giving/index.asp
  3495 Bailey Avenue
  Buffalo, New York 14215
  (716) 862-8671

♦ Visionworks (various locations)
  https://www.visionworks.com/

♦ Harvest House
  Open Monday evenings, Wednesday mornings and Friday afternoons https://www.harvesthousebuffalo.org/volunteer
  Contact: Tom Koch
  1782 Seneca Street
  Buffalo, New York 14210
  (716) 856-2400
goodneighbors@harvesthousebuffalo.org

♦ JCPenney’s Optical (various locations)
  http://www.jcpenneyoptical.com/

♦ LensCrafters (various locations)
  http://www.lenscrafters.com/

♦ Olmsted Center for Sight (3 locations)
  http://olmstedcenter.org/low-vision-clinic/
  Call (716) 888-4556 for all locations
  1.  Main Campus/Downtown Buffalo
      1170 Main Street
      Buffalo, New York 14209
  2.  Northtowns
      1491 Sheridan Drive, Suite 600
      Tonawanda, New York 14217
  3.  Niagara County
      23 Ontario Street
      Lockport, New York 14094

♦ Pearle Vision (various locations)
  http://www.pearlevision.com/

♦ Private Offices

Podiatry Profession

♦ Buffalo Medical Group/Podiatry Affiliates
  http://buffalomedicalgroup.com/services/podiatry.html
  Call (716) 630-1000 for all locations

♦ Colleges of Podiatric Medicine
  “Find a Mentor”
  http://www.dpmnetwork.org/membership/find-a-mentor/

♦ Private Offices
Veterinary Profession

♦ Acres of Sanctuary and Hope for Animals, Inc. (ASHA)
   http://www.ashasanctuary.com/get-active.html
   2969 Coomer Road
   Newfane, New York 14108
   (716) 249-2555

♦ AWARE – Association for Wild Animal Rehabilitation and Education Inc.
   http://www.awarewildlife.com/contact
   5565 Mapleton Road
   Lockport, New York 14094
   (716) 625-8189

♦ Buffalo Animal Shelter
   Must be 21 years old to volunteer.
   http://members.petfinder.com/~NY341/volunteer.html
   380 N. Oak Street
   Buffalo, New York 14203
   (716) 851-5694
   Email: CBASVolunteerInfo@gmail.com

♦ Buffalo Therapeutic Riding Center
   http://www.thebtrc.org/how-to-help/become-a-volunteer/
   950 Amherst Street
   Buffalo, New York 14216
   (716) 877-9295
   Email: becandbtrc@aol.com

♦ Buffalo Zoological Gardens
   https://buffalozoo.org/about/
   300 Parkside Avenue
   Buffalo, New York 14214
   (716) 837-3900 ext. 132

♦ Greater Buffalo Veterinary Services/Emergency Hospital
   http://petemergencybuffalo.com/
   4821 Genesee Street
   Cheektowaga, New York 14225
   (716) 427-5114

♦ Hawk Creek Wildlife Center, Inc.
   http://www.hawkcreek.org/wp/volunteers/
   P.O. Box 662
   East Aurora, New York 14052
   (716) 652-8646
   Email: ed@hawkcreek.org

♦ Lakeview Animal Sanctuary
   5180 Fiegle Road
   Pendleton, New York 14094
   (716) 574-0359
   Email: lakeviewanimalsanctuary@aol.com

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♦ Lothlorien Therapeutic Riding Center, Inc.
  http://www.lothlorientrc.org/how-to-volunteer/
  15 Reiter Road
  East Aurora, New York 14052
  (716) 655-1335
  Email: volunteerltrc@gmail.com

♦ Messinger Woods Wildlife Care & Education Center, Inc.
  http://www.messingerwoods.org/volunteerinfo
  P.O. Box 508
  Orchard Park, New York 14127
  (716) 345-4239
  Email: judy@messingerwoods.org

♦ SPCA of Erie County
  http://www.yourspca.org/volunteer
  Contact: Desirea Mojica
  300 Harlem Road
  West Seneca, New York 14224
  (716) 875-7360 ext. 252
  Email: desiream@yoursPCA.org

♦ SPCA of Niagara County
  http://www.niagaraspca.org/how-to-help
  2100 Lockport Road
  Niagara Falls, New York 14304
  (716) 731-4368
  Email: volunteercoordinator@niagaraspca.org

♦ The Primate Sanctuary, Inc.
  http://www.theprimatessanctuary.com/volunteer.html
  2764 Livingston Avenue
  Niagara Falls, New York 14303
  (716) 284-6118
  Email: kikosapeman@roadrunner.com

♦ Wild Kritters of Niagara County
  http://wildkritters.com/about-us/get-involved
  3300 Saunders Settlement Road
  Sanborn, New York 14132
  (716) 731-9334