Volunteer Opportunities for Prehealth Students in the Western New York Area

(Updated: August 2018)
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  
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/](https://www.drbobsdentalcare.com/)

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

3. **Cheektowaga Location**  
3099 William Street  
Cheektowaga, New York 14227  
(716) 668-5998

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

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

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

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

6. **Niagara Falls Location**  
8873 Porter Road  
Niagara Falls, New York 14304  
(716) 297-5500

♦ Erie County Medical Center (ECMC) Dental Clinic  
**This is a general dentistry clinic and offers limited shadowing times.**  
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
  
  Contact: Tom Koch
  175 Jefferson Avenue
  Buffalo, New York 14210
  (716) 856-2400
  
  goodneighborshc@yahoo.com

♦ Neighborhood Health Center (4 locations)
  
  http://www.neighborhoodhealthcenter.org/services.html
  
  1. **Blasdell**
     
     4233 Lake Avenue
     Blasdell, New York 14219
     (716) 332-3075

  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
  
  Contact: Janet Martin
  Elm & Carlton Streets
  Buffalo, New York 14263
  (716) 845-5970

♦ Winning Smiles Pediatric Dentistry (3 locations)
  
  http://www.winningsmilespd.com/
  
  Contact Lee Ann at (716) 332-2444

  1. **Amherst Office**
     
     3476 Sheridan Drive
     Amherst, New York 14226

  2. **Buffalo Office**
     
     897 Delaware Avenue
     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
     565 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
   
   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) 514-4500
   
   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
   goodneighborhs@yahoo.com

♦ 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
   Contact: Jessica Krol
   jkrol@kaleidahealth.org
   445 Tremont Street
   North Tonawanda, New York 14120
   (716) 690-2088

3. John R. Oishei Children’s Hospital
   Contact: McKenzie Mattison
   mmattison@kaleidahealth.org
   818 Ellicott Street
   Buffalo, New York 14203
   (716) 323-2421

4. Millard Fillmore Suburban Hospital
   Contact: Jessica Krol
   jkrol@kaleidahealth.org
   1540 Maple Road
   Williamsville, New York 14221
   (716) 568-382

♦ 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@nfmmc.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 Weimer
   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
  goodneighborhc@yahoo.com

- JCPenney’s Optical (various locations)
  http://www.jcpenneystore.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. Southtowns
     3712 Southwestern Blvd.
     Orchard Park, New York 14127

- 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/volunteers/
  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) 839-4043

- 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

- Kindred Kreek Alpaca Farm
  http://www.kindredkreekalpacas.com/
  11932 Rapids Road
  Akron, New York 14001
  (716) 912-3333

- Lakeview Animal Sanctuary
  http://www.lasanctuary.org/volunteer.html
  5180 Fiegle Road
  Pendleton, New York 14094
  (716) 574-0359
  Email: lakeviewanimalsanctuary@aol.com

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Veterinary Profession Continued.

- **Lothlorien Therapeutic Riding Center, Inc.**
  
  [http://www.lothlorientrc.org/how-to-volunteer/](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](http://www.messingerwoods.org/volunteerinfo)
  
  P.O. Box 508
  
  Orchard Park, New York 14127
  
  (716) 345-4239
  
  Email: info@messingerwoods.org

- **SPCA of Erie County**
  
  [http://www.yourspca.org/volunteer](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/volunteer.html](http://www.niagaraspca.org/volunteer.html)
  
  2100 Lockport Road
  
  Niagara Falls, New York 14304
  
  (716) 731-4368
  
  Email: volunteercoordinator@niagaraspca.org

- **The Primate Sanctuary, Inc.**
  
  
  2764 Livingston Avenue
  
  Niagara Falls, New York 14303
  
  (716) 284-6118
  
  Email: kikoapeman@roadrunner.com

- **Wild Kritters of Niagara County**
  
  
  3300 Saunders Settlement Road
  
  Sanborn, New York 14132
  
  (716) 731-9334