University at Buffalo

Volunteer Opportunities for Prehealth Students

Local Western New York Area
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

There are several options for transportation from UB to local volunteering & shadowing sites for those who do not have a car. These include the free UB Downtown Campus Shuttle as well as public transportation. Regardless of your mode of transportation, please be safe – Consider volunteering with a buddy & be familiar with your surroundings, especially in the evenings/night.

http://www.student-affairs.buffalo.edu/public-safety/pst.php

" Ask a security officer at your volunteer site to escort you to your car or bus/subway stop.

" Go to http://sbihealtheducation.org/?page_id=155 for information about Safety Walk Stations and a safety walker will escort you to your destination on North or South Campus as well as South Campus Safety Van/Shuttle.
**Community Service General Contacts**

**Center for Student Leadership & Community Engagement**
http://www.leadership.buffalo.edu/volunteer.php

**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 (e.g., nursing)
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
742 Delaware Avenue
Buffalo, New York 14209
(716) 887-2690

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**UB Downtown Campus Shuttle**
“The Blue Line” (FREE!)

http://www.student-affairs.buffalo.edu/parking/transport.php

This route connects the Downtown and South campuses with stops at both Buffalo General Hospital and Roswell Park Cancer Institute, as well as other locations.

**PUBLIC TRANSPORTATION BETWEEN UB & LOCAL HOSPITALS**

Go to NFTA-Metro Trip Planner:
http://metro.nfta.com/Trip/Trip_Planner.asp

1. Choose your departure and arrival locations (you may select several “popular locations” from a 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.

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**How to Document Your Clinical Experiences**

It is important that you keep track of your clinical experiences so that you can easily & 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. Allison Cummings
Inner Balance Chiropractic
2800 Sweet Home Road, Suite 1
Amherst, New York 14228
(716) 210-1060

**See Prehealth Advisor for application**

♦ Drs. Thomas G. Lyons & Elizabeth T. Lyons
1622 Hopkins Road
Williamsville, New York 14221-1752
(716) 689-0766 or (716) 689-0767

♦ Dr. Patrick O’Neill
1004 Elmwood Avenue
Buffalo, New York 14222
(716) 884-4450

**See Prehealth Advisor for application***

Dental Profession

♦ Baker Victory Dental Center
http://www.bakervictoryservices.org/more-programs/baker-victory-dental/
780 Ridge Road
Lackawanna, New York 14218
(716) 828-9500
(888) 287-1160

♦ Dr. Bob’s Dental Care (6 locations):
Call one location and ask for Office Manager.
http://www.drbobsdentalcare.com/

1. Elite Dental
http://www.drbobsdentalcare.com/elite-dental.html
4927 Main Street
Amherst, New York 14226
(716) 631-2728

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2. Elmwood Village Dental Care
http://www.drbobsdentalcare.com/buffalo-office.html
892 Elmwood Avenue
Buffalo, New York 14222
(716) 332-0460

3. Hamburg Dental
4741 Camp Road
Hamburg, New York 14075
(716) 846-9423

4. Kenmore QualityCare Dentistry
http://www.drbobsdentalcare.com/kenmore-qualitycare-dentistry.html
956 Kenmore Avenue
Buffalo, New York 14216
(716) 874-7112

5. Niagara QualityCare Dentistry
http://www.drbobsdentalcare.com/niagra-qualitycare-dentistry.html
8875 Porter Road
Niagara Falls, New York 14304
(716) 297-5500

6. North Buffalo Dental
http://www.drbobsdentalcare.com/north-buffalo-dental.html
2727 Main Street
Buffalo, New York 14214
(716) 833-2727

Erie County Medical Center (ECMC) Dental Clinic
**This is a general dentistry clinic and offers limited shadowing times.**
Contact: Christine Lendway
462 Grider Street
Buffalo, New York 14215
(716) 898-3189

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Dental Profession Cont’d.

♦ Harvest House of South Buffalo
  Good Neighbors Health Care
  *Open Wednesday mornings and Friday afternoons*
  http://www.harvesthouse.ws/content/pages/gnhc-work-with-us-volunteers
  175 Jefferson Avenue
  Buffalo, New York 14210
  (716) 856-2400

♦ Neighborhood Health Center (2 locations)
  http://www.neighborhoodhealthcenter.org/services.html
  1. North West Buffalo
     155 Lawn Avenue
     Buffalo, New York 14207
     (716) 875-2904
  2. Mattina
     300 Niagara Street
     Buffalo, New York 14201
     (716) 242-8600

♦ 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 Dental Clinic
  **This is offered on a case-by-case basis, you will need updated flu shots and PPD**
  https://www.roswellpark.org/center/dental-maxillofacial
  Call and ask for Janet Martin
  Elm & Carlton Street
  Buffalo, New York 14263
  (716) 845-8134

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Dental Profession Cont’d.

♦ UB School of Dental Medicine
  Clinical Observation Program
  Online application only
  http://dental.buffalo.edu/Education/ClinicalObservationProgram.aspx

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

  Amherst Office
  3476 Sheridan Drive
  Amherst, New York 14226

  Lackawanna Office
  3277 South Park Avenue
  Lackawanna, New York 14218

  Orchard Park Office
  3364 Southwestern Boulevard
  Orchard Park, New York 14127

Medical Profession

♦ Alpha Epsilon Delta (AED)
  http://wings.buffalo.edu/sa/aed

♦ Aspire of Western New York (formerly United Cerebral Palsy Association)
  http://www.aspirewny.org/
  2356 North Forest Road
  Getzville, New York 14068
  (716) 838-0047

♦ Association for Premedical Students (APMS)
  http://www.amsa.org/AMSA/Homepage/MemberCenter/Premeds.aspx

♦ Physician Shadowing
  http://ubwp.buffalo.edu/apms/shadowing-opportunities/
Medical Profession

♦ Autism Services, Inc.
   http://www.autisticservices.org/
   4444 Bryant Stratton Way
   Williamsville, New York 14221
   (716) 831-5777

♦ Buffalo Psychiatric Hospital
   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) 834-9200

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

♦ Catholic Health Systems (4 locations)
   http://www.chsbuffalo.org/Careers/Volunteer
   1. Kenmore Mercy Hospital
      http://www.chsbuffalo.org/Facilities/Hospitals/KMH/Volunteer
      2950 Elmwood Avenue
      Kenmore, New York 14217
      (716) 447-6189

   2. Mercy Hospital of Buffalo
      http://www.chsbuffalo.org/Facilities/Hospitals/MHOB/Volunteer
      565 Abbott Road
      Buffalo, New York 14220
      (716) 828-2098

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Medical Profession Cont’d

3. Sisters of Charity Hospital
   http://www.chsbuffalo.org/Facilities/Hospitals/SSJC/Volunteer
   2605 Harlem Road
   Cheektowaga, New York 14225
   (716) 891-2545

4. Sisters of Charity Hospital
   St. Joseph Campus
   http://www.chsbuffalo.org/Facilities/Hospitals/SSJC/Volunteer
   2157 Main Street
   Buffalo, New York 14214
   (716) 862-1106

♦ Community Health Center of Buffalo (3 locations)
   http://www.chcb.net/
   1. Buffalo Location
      34 Benwood Avenue
      Buffalo, New York 14214
      (716) 986-9199

   2. Lockport Location
      38 Heritage Court
      Lockport, New York 14094
      (716) 278-4418

   3. Niagara Falls Location
      501 10th Street
      Niagara Falls, New York 14301
      (716) 278-4418

♦ Eastern Niagara Health System (2 sites)
   http://www.enhs.org/
   1. Lockport Site
      521 East Avenue
      Lockport, New York 14094
      (716) 544-5700

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

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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/volunteer/
Contact: Sarah Newton
462 Grider Street
Buffalo, New York 14215
(716) 898-5425

Evergreen Health Services of Western New York (3 locations)
http://evergreenhs.org/GetInvolved/Volunteer

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

- Buffalo Delaware Office
  282 Delaware Avenue
  Buffalo, New York 14202
  (716) 847-2441

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

Harvest House
http://www.harvesthouse.ws/content/pages/gnhc-work-with-us-volunteers
Contact: Tom Koch
goodneighborshc@yahoo.com
1782 Seneca Street
Buffalo, New York 14210
(716) 896-2400

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Medical Profession Cont’d

♦ Niagara Hospice
   http://www.niagarahospice.org/volunteer
   4675 Sunset Drive
   Lockport, New York 14094-1231
   (716) 280-0748

♦ Kaleida Health Facilities (4 sites)
   http://www.kaleidahealth.org/Volunteer/

*Download the “Adult Application Form” and print the form. Please be advised that your application should include a letter of recommendation. **

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: MaryBeth Kupiec
   mkupiec@kaleidahealth.org
   445 Tremont Street
   North Tonawanda, New York 14120
   (716) 690-2088

3. Millard Fillmore Suburban Hospital
   Contact: Kathy D. Gorski
   kgorski@kaleidahealth.org
   1540 Maple Road
   Williamsville, New York 14221
   (716) 568-3820

4. Women & Children’s Hospital of Buffalo
   Contact: Martha L. Hickey
   mhickey@kaleidahealth.org
   219 Bryant Street
   Buffalo, New York 14222
   (716) 878-7241

♦ Lighthouse Free Medical Clinic
   (located within the Jefferson Family Medical Center)
   http://lighthousefreemc.com/
   1315 Jefferson Avenue
   Buffalo, New York 14208
   (716) 222-0805

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Optometry Profession

♦ Buffalo VA Medical Center Eye and Vision Care or Vision Rehabilitation Services
  http://www.buffalo.va.gov/giving/index.asp
  3405 Bailey Avenue
  Buffalo, New York 14215
  (716) 862-8667

♦ Empire Visionworks (various locations)
  http://www.visionworks.com/empire/

♦ Harvest House of South Buffalo
  Good Neighbors Health Care (Fridays Only)
  http://www.harvesthouse.ws/content/pages/gnhc-work-with-us-volunteers
  Contact: Tom Koch
goodneighborshc@yahoo.com
  175 Jefferson Avenue
  Buffalo, New York 14210
  (716) 856-2400

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

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

♦ Olmsted Center for Sight
  http://www.olmstedcenter.org/
  1170 Main Street
  Buffalo, New York 14209
  (716) 882-1025

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

♦ Private Offices

♦ Stanton Optical (various locations)
  http://www.stantonoptical.com/

♦ Sterling Optical (various locations)
  http://www.sterlingoptical.com/

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Optometry Profession Cont’d

♦ Western New York Center for the Visually Impaired
  Contact: Ask for Ray
  http://wnycvi.org/index.php
  West Seneca
  3070 Transit Road
  West Seneca, New York 14224
  (716) 668-1166

♦ Walmart Stores (various locations)
  http://www.walmart.com/cp/1078944

Podiatry Profession

♦ Buffalo Medical Group Podiatry Affiliates (4 locations)
  http://podiatryaffiliates.com/

  1.   Buffalo Office
      85 High Street
      Buffalo, New York 14203
      (716) 857-8800

  2.   Orchard Park Office
      3900 North Buffalo Road
      Orchard Park, New York 14127
      (716) 656-4400

  3.   Springville Office
      27 Franklin Street
      Springville, New York 14141
      (716) 592-4540

  4.   Williamsville Office
      6325 Main Street
      Williamsville, New York 14221
      (716) 839-3930

♦ Colleges of Podiatric Medicine
  “Contact a Mentor”
  http://www.aacpm.org/contactpod/default.asp

  ♦ Private Offices

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### Podiatry Profession Cont’d.

- Samuel Ruggiero, DPM (2 locations)  
  (716) 759-6005
  1. Cheektowaga Office  
     2705 Harlem Road  
     Cheektowaga, New York 14225
  2. Clarence Office  
     10440 Main Street  
     Clarence, New York 14031
  **See Prehealth Advisor first**

### Veterinary Profession

- Acres of Sanctuary and Hope for Animals, Inc. (ASHA)  
  2969 Coomer Road  
  P.O. Box 156  
  Newfane, New York 14108

- Buffalo Animal Shelter  
  [http://members.petfinder.com/~NY341/index.html](http://members.petfinder.com/~NY341/index.html)  
  380 N. Oak Street  
  Buffalo, New York 14203  
  (716) 851-5694 or (716) 851-4265

- Buffalo Therapeutic Riding Center  
  950 Amherst Street  
  Buffalo, New York 14216  
  (716) 877-9295

- Buffalo Zoological Gardens  
  [http://www.buffalog zoo.org/volunteer.html](http://www.buffalog zoo.org/volunteer.html)  
  300 Parkside Avenue  
  Buffalo, New York 14214  
  (716) 837-3900 ext. 132

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Veterinary Profession Cont’d

♦ Lothlorien Therapeutic Riding Center, Inc.
  http://www.lothlorientrc.org/volunteering/
  15 Reiter Road
  East Aurora, New York 14052
  (716) 655-1335

♦ Messinger Woods Wildlife Care & Education Center, Inc.
  http://www.messingerwoods.org/#/volunteerinfo/c55m
  P.O. Box 508
  Orchard Park, New York 14127
  (716) 345-4239

♦ SPCA of Erie County
  https://www.yourspca.org/home
  205 Ensminger Road
  Tonawanda, New York 14150
  (716) 875-7360

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

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

♦ Wild Kritters of Niagara County
  http://wildkritters.com/about-us/get-involved
  3300 Saunders Settlement Road
  Sanborn, New York 14132
  (716) 688-2164
University at Buffalo
Office of Prehealth Advising
109 Norton Hall
Amherst, New York 14260