Volunteer Opportunities
For Prehealth Students
in the Western New York Area

(Updated: August 2017)
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/at night.

http://www.buffalo.edu/studentlife/life-on-campus/safety.html

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 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 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://tripplanner.nfta.com/

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.

**Community Service General Contacts**

**Center for Student Leadership & Community Engagement**

https://buffalo.campuslabs.com/engage/organization/OES

**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) 887-2744

**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
- 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
  1622 Hopkins Road
  Williamsville, New York 14221
  (716) 689-0766

- Dr. Patrick O'Neill
  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 14228
  (716) 828-9334

- Dr. Bob's Dental Care (7 locations):
  Call one location and ask for Office Manager.
  http://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) 668-2998
  4. Hamburg Location
     4741 Camp Road
     Hamburg, New York 14075
     (716) 646-9423

- Erie County Medical Center (ECMC) Dental Clinic
  **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

- Harvest House
  Open Monday evenings, Wednesday mornings and Friday afternoons
  http://www.harvesthouse.ws/content/pages/gnhc-work-with-us-volunteers
  Contact: Tom Koch
  1782 Seneca Street
  Buffalo, New York 14210
  (716) 856-2400
goodneighborsc@yahoo.com

- Neighborhood Health Center (4 locations)
  http://www.neighborhoodhealthcenter.org/services.html
  1. Blasdell
     4233 Lake Avenue
     Blasdell, New York 14219
     (716) 332-3975
  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
     3674 Commerce Place
     Hamburg, New York 14075
     (716) 648-4345

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Dental Profession Cont’d.

♦ 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 Cancer Institute Dental 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

♦ UB School of Dental Medicine
  https://dental.buffalo.edu/education/clinical-observation-program-html
  Clinical Observation Program
  Online application only

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

   Amherst Office
   3476 Sheridan Drive
   Amherst, New York 14226

   Buffalo Office
   897 Delaware Avenue
   Buffalo, New York 14209

   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/

  ***If there is any doubt you are able to attend the time scheduled for the shadowing, please do NOT schedule.

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

♦ 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) 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

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Medical Profession

♦ Catholic Health Systems (4 locations)
  http://www.chsbuffalo.org/Give/Volunteer

  1. Kenmore Mercy Hospital
     http://www.chsbuffalo.org/Facilities/Hospitals/KenmoreMercyHospital/Volunteer
     2950 Elmwood Avenue
     Kenmore, New York 14217
     (716) 447-6189

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

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

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

♦ Community Health Center of Buffalo (5 locations)
  http://www.chcb.net/

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

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

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Medical Profession Cont’d

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

4. Niagara Falls Office
   2715 Highland Avenue
   Niagara Falls, New York 14301
   (716) 278-4418

5. Sanborn Office
   6321 Inducon Drive East
   Sanborn, New York 14132
   (716) 216-4806

♦ 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

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Medical Profession Cont’d

♦ 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) 847-0328

  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
  http://www.harvesthouse.ws/content/pages/gnhc-work-with-us-volunteers
  Contact: Tom Koch
  1782 Seneca Street
  Buffalo, New York 14210
  (716) 856-2400
goodneighborshc@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
     http://friendsofnightpeople.org/volunteer/
     394 Hudson Street
     Buffalo, New York 14201
     (716) 884-5375

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

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Medical Profession Cont’d

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

- Mount St. Mary’s Hospital & Health Center
  [http://www.chsbuffalo.org/Facilities/Hospitals/MountStMarysHospital](http://www.chsbuffalo.org/Facilities/Hospitals/MountStMarysHospital)
  - 5300 Military Road
  - Lewiston, New York 14092
  - (716) 297-4800

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) 332-3075

  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
     - 3674 Commerce Place
     - Hamburg, New York 14075
     - (716) 648-4345

- Niagara Falls Memorial Medical Center
  - 621 10th Street
  - Niagara Falls, New York 14302
  - (716) 278-4000

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

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Optometry Profession

♦ Buffalo VA Medical Center Eye and Vision Care or Vision Rehabilitation Services
  http://www.buffalova.gov/giving/index.asp
  3405 Bailey Avenue
  Buffalo, New York 14215
  (716) 862-8671

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

♦ Harvest House of South Buffalo
  Open Monday evenings, Wednesday mornings and Friday afternoons
  http://www.harvesthouse.ws/content/pages/gnhc-work-with-us-volunteers
  Contact: Tom Koch
  1782 Seneca Street
  Buffalo, New York 14210
  (716) 856-2400
goodneighborshc@yahoo.com

♦ 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. Southtowns
     3712 Southwestern Blvd.
     Orchard Park, New York 14127

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

♦ Private Offices

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Optometry Profession Cont’d

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

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

♦ Western New York Center for the Visually Impaired (4 locations)
  Contact: Ask for Ray
  http://wnycvi.org/index.php
  Call (716) 668-1166 for all locations
  1. West Seneca
     3070 Transit Road
     West Seneca, New York 14224
  2. Warsaw
     400 North Main Street
     Warsaw, NY 14569
  3. Wellsville
     18 Jefferson Street
     Wellsville, NY 14895
  4. Niagara Falls
     746 Portage Road
     Niagara Falls, NY 14301

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

- Buffalo Medical Group/Podiatry Affiliates (4 locations)
  
  http://buffalomedicalgroup.com/services/podiatry.html
  
  Call (716) 650-1295 for all locations

  1. **Buffalo Office**
     
     85 High Street
     
     Buffalo, New York 14203

  2. **Orchard Park Office**
     
     3900 North Buffalo Road
     
     Orchard Park, New York 14127

  3. **Springville Office**
     
     27 Franklin Street
     
     Springville, New York 14141

  4. **Williamsville Office**
     
     295 Essjay Road
     
     Williamsville, New York 14221

- Colleges of Podiatric Medicine
  
  “Contact 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
  
  Application: http://www.ashasanctuary.com/volunteer-application.html
     
     2969 Coomer Road
     
     P.O. Box 156
     
     Newfane, New York 14108

- 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
     
     Email: CBASVolunteerInfo@gmail.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) 780-4333

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

- Kindred Kreek Alpaca Farm
  
  http://www.kindreddkreekalpacas.com/
     
     11932 Rapids Road
     
     Akron, New York 14001
     
     (716) 542-9565 or (716) 912-3333

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

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

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Veterinary Profession Cont’d

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

♦ SPCA of Erie County
  http://www.yourspca.org/volunteer
  300 Harlem Road
  West Seneca, New York 14224
  (716) 875-7360

♦ SPCA of Niagara County
  http://www.niagaraspca.org/volunteer.html
  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) 731-9334