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/at 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

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

♦ 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

Dental Profession

♦ Baker Victory Dental Center
   http://www.bakervictoryservices.org/dental/about-the-dental-center/
   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. 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. Hamburg Location
      4741 Camp Road
      Hamburg, New York 14075
      (716) 646-9423

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Dental Profession Cont’d.

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

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

6. North Buffalo Location
   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

♦ Harvest House
   Open 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

♦ Neighborhood Health Center (3 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
   3. 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 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

♦ 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 Leann 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://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/
  4444 Bryant Stratton Way
  Williamsville, New York 14221
  (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) 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

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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.cheb.net/

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

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

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Medical Profession Cont’d

♦ 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) 847-0328

  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-volunteer

  Contact: Tom Koch
  1782 Seneca Street
  Buffalo, New York 14210
  (716) 856-2400
goodneighborshc@yahoo.com

Homeless Shelters (2 locations)

1. Buffalo City Mission
http://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) 884-5373

♦ Hospice Buffalo
http://www.hospicebuffalo.com/donate/volunteer/
  225 Como Park Blvd.
  Cheektowaga, New York 14227-1480
  (716) 686-8000

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♦ Jericho Road Community Health Center
(Includes Hope Refugee Drop-In Center)
http://www.jrm-buffalo.org/Support/Volunteer.aspx
  Contact: Sara Hutchinson
  volunteer@jrhc.org
  184 Barton Street
  Buffalo, New York 14213
  Volunteer Coordinator: volunteer@jrhc.org

♦ 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: McKenzie Mattison
  nmattison@kaleidahealth.org
  219 Bryant Street
  Buffalo, New York 14222
  (716) 878-7221

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Medical Profession Cont’d

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

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

♦ Neighborhood Health Center (3 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
3. Southtowns
3674 Commerce Place
Hamburg, New York 14075
(716) 648-4345

♦ Niagara Falls Memorial Medical Center
http://nfhmc.org/
621 10th Street
Niagara Falls, New York 14302
(716) 278-4000

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

♦ Nursing Homes
Elderwood (various locations)
http://www.elderwood.com/
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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/
24 Capen Hall
Buffalo, New York 14260
(716) 645-7778

2. UB and Affiliated Research Centers
http://www.buffalo.edu/research/research-centers.html
516 Capen Hall
Buffalo, New York 14260
(716) 645-3321

Roswell Park Cancer Institute
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/ ContactUs
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
  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 (3 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
  4. Williamsville Office
     295 Essjay Road
     Williamsville, New York 14221
     (716) 630-1000

♦ 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 Cont’d.

♦ Greater Buffalo Veterinary Services/Emergency Hospital
  http://petemergencybuffalo.com/
  4821 Genesee Street
  Cheektowaga, New York 14225
  (716) 780-4533

♦ 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.kindredkreekalpacas.com/
  11932 Rapids Road
  Akron, New York 14001
  (716) 542-9565 or (716) 912-3333

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

♦ 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/#!volunteerresources/c173y
  Application:
  http://media.wix.com/ugd/56f86e_46aede478c134bfa8e8f7d2b15cf04ec.pdf
  P.O. Box 508
  Orchard Park, New York 14127
  (716) 345-4239

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Veterinary Profession Cont’d

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

♦ SPCA of Niagara County
   http://www.niagaraspca.org/volunteer-applications.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) 688-2164