Volunteer Opportunities
For Prehealth Students
in the Western New York Area

(Updated: January 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

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.

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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.

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).

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
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 14218
(716) 828-9334

◆ Dr. Bob’s Dental Care (7 locations):
Call one location and ask for Office Manager.
http://www.drbohsdentalcare.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

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◆ 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.org/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 (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

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 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](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](https://dental.buffalo.edu/education/clinical-observation-program.html)
  Clinical Observation Program
  Online application only

♦ Winning Smiles Pediatric Dentistry (3 locations)
  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](https://buffalo.campuslabs.com/engage/organization/AED)

♦ Aspire of Western New York (formerly United Cerebral Palsy Association)
  2356 North Forest Road
  Getzville, New York 14068
  (716) 324-2744

♦ Association for Pre-Medical Students (APMS)
  [http://ubwp.buffalo.edu/apms/](http://ubwp.buffalo.edu/apms/)
  • Shadowing Opportunities through APMS
  [http://ubwp.buffalo.edu/apms/shadowing-opportunities/](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.
  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)
  3495 Bailey Avenue
  Buffalo, New York 14215
  (716) 862-8671

♦ Camp Good Days and Special Times
  [http://www.campgooddays.org/volunteer](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
  6439 Transit Road, Suite 200
  Depew, New York 14043
  (716) 206-0709

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Catholic Health Systems (4 locations)

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
   http://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)

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

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)

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
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/  
  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  
  5300 Military Road  
  Lewiston, New York 14092  
  (716) 297-4800

**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
  3. 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  
  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.buffalo.va.gov/giving/index.asp
  3405 Bailey Avenue
  Buffalo, New York 14215
  (716) 862-8671

Optometry Profession Cont’d

- **Visionworks (various locations)**
  https://www.visionswork.com/

- **Harvest House of South Buffalo**
  Open Monday evenings, Wednesday mornings and Friday afternoons
  http://www.harvesthouse.ws/content/pages/gnihc-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.jcpennysoptical.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**

- **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

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Podiatry Profession

- **Buffalo Medical Group/Podiatry Affiliates (4 locations)**
  - [http://buffalomedicalgroup.com/services/podiatry.html](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/](http://www.dpmnetwork.org/membership/find-a-mentor/)

- **Private Offices**

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**
  - Must be 21 years old to volunteer.
    - [http://members.petfinder.com/~NY341/volunteer.html](http://members.petfinder.com/~NY341/volunteer.html)
    - 380 N. Oak Street
    - Buffalo, New York 14203
    - Email: CBASVolunteerInfo@gmail.com

- **Buffalo Therapeutic Riding Center**
    - 950 Amherst Street
    - Buffalo, New York 14216
    - Email: becandbtrc@aol.com

- **Buffalo Zoological Gardens**
  - [https://buffalozoo.org/about/](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/](http://petemergencybuffalo.com/)
    - 4821 Genesee Street
    - Cheektowaga, New York 14225
    - (716) 780-4533

- **Hawk Creek Wildlife Center, Inc.**
    - P.O. Box 662
    - East Aurora, New York 14052
    - (716) 652-8646

- **Kindred Kreek Alpaca Farm**
    - 11932 Rapids Road
    - Akron, New York 14001
    - (716) 542-9565 or (716) 912-3333

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

- **Lothlorien Therapeutic Riding Center, Inc.**
  - [http://www.lothlorientrce.org/volunteering/](http://www.lothlorientrce.org/volunteering/)
    - 15 Reiter Road
    - East Aurora, New York 14052
    - (716) 655-1335
    - Email: volunteerltrc@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