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.
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://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
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) 887-2744

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
⇒ 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
  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.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

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Dental Profession Cont’d.

- 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
  goodneighborhc@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 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
   Call and ask for Janet Martin
   Elm & Carlton Street
   Buffalo, New York 14263
   (716) 845-5970

♦ UB School of Dental Medicine
   http://dental.buffalo.edu/Education/ClinicalObservationProgram.aspx
   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

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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
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 (4 locations)
http://www.chcb.net/

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

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

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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: Sladjana Abramovic
462 Grider Street
Buffalo, New York 14215
(716) 898-5356

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Evergreen Health Services of Western New York (3 locations)

http://evergreenhs.org/GetInvolved/Volunteer

1. Buffalo Elmwood Office
   206 South Elmwood Avenue
   Buffalo, New York 14201
   (716) 847-0328

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

3. 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

Jericho Road Community Health Center

(Includes Hope Refugee Drop-In Center)
http://www.jrchc.org/volunteer/

Contact: Mary Moy
184 Barton Street
Buffalo, New York 14213
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: MaryBeth Kupiec
   mkupiec@kaleidahealth.org
   445 Tremont Street
   North Tonawanda, New York 14120
   (716) 690-2688

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) 878-7241

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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 (3 locations)**
  [http://www.neighborhoodhealthcenter.org/services.html](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://nfmmc.org/](http://nfmmc.org/)
  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

- **Nursing Homes**

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Medical Profession Cont’d

- **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/](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](http://www.buffalo.edu/research/research-centers.html)
     516 Capen Hall
     Buffalo, New York 14260
     (716) 645-3321

- **Rochester Rotary Sunshine Campus**
  [http://sunshinecampus.org/AboutUs/GetInvolved.aspx](http://sunshinecampus.org/AboutUs/GetInvolved.aspx)
  809 Five Points Road
  Rush, New York 14543
  (585) 533-2080

- **Roswell Park Cancer Institute**
  [https://www.roswellpark.org/volunteer](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](http://www.chsbuffalo.org/Education/GME/Osteopathic/Lectures)
  Contact: Pam Weimer
  [pweimer@chsbuffalo.org](mailto: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) 862-8671

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

- **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. **Souhtowns**
     
     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/

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Podiatry Profession

- **Buffalo Medical Group/Podiatry Affiliates (4 locations)**
  
  http://buffalomedicalgroup.com/services/podiatry.html
  
  Call (716) 630-1295 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.aacpm.org/becoming-a-podiatric-physician/contact-a-mentor/

- **Private Offices**
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/
  4921 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.lesanctuary.org/volunteer.html
  5180 Fiegle 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: volunteerltrc@gmail.com

- Messinger Woods Wildlife Care & Education Center, Inc.
  http://www.messingerwoods.org/#!volunteerinfo/c35n
  Application: http://media.wix.com/ugd/56f86e_46ad6a78e134bfa8e847d2b15ef5ec.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) 629-3503

♦ 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) 731-9334