

Volunteer Opportunities for Prehealth Students

Local Western New York Area



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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.

5. **Kenmore Location**
 956 Kenmore Avenue
 Buffalo, New York 14216
 (716) 874-7112
 6. **Niagara Falls Location**
 8875 Porter Road
 Niagara Falls, New York 14304
 (716) 297-5500
 7. **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.****
<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
goodneighborshe@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

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 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/>

4444 Bryant Stratton Way
Williamsville, New York 14221
(716) 631-5777

◆ Buffalo Psychiatric Hospital

<http://www.omh.ny.gov/omhweb/Facilities/bupc/index.html>

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 (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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Medical Profession Cont'd

3. Niagara Falls Office

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

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

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Medical Profession Cont'd

◆ 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

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Medical Profession Cont'd

◆ 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@jrhc.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) 690-2088

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
mmattison@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/>

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 (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://nfmmc.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
(716) 280-0748

◆ Nursing Homes

Elderwood (various locations)

<http://www.elderwood.com/>

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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/>

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

◆ Rochester Rotary Sunshine Campus

<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>

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>

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>
 3495 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.jcpennyoptical.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/>

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Optometry Profession Cont'd

- ◆ **Sterling Optical (various locations)**
<http://www.sterlingoptical.com/>

- ◆ **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://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**

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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)**
<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 Therapeutic Riding Center**
<http://www.thebtrc.org/how-to-help/become-a-volunteer/>
950 Amherst Street
Buffalo, New York 14216
Email: becandbtrc@aol.com
- ◆ **Buffalo Zoological Gardens**
<http://www.buffalozoo.org/volunteer.html>
Application: <http://www.buffalozoo.org/ZooCrewApplic.pdf>
300 Parkside Avenue
Buffalo, New York 14214
(716) 837-3900 ext. 132

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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>
5180 Fiegle Road
Pendleton, New York 14094
(716) 574-0359
Email: lakeviewanimalsanctuary@aol.com
- ◆ **Lothlorien Therapeutic Riding Center, Inc.**
<http://www.lothlorientrc.org/volunteering/>
Application:
<http://www.lothlorientrc.org/storage/2016%20NEW%20volunteer.pdf>
15 Reiter Road
East Aurora, New York 14052
(716) 655-1335
Email: volunteerlrc@gmail.com
- ◆ **Messinger Woods Wildlife Care & Education Center, Inc.**
<http://www.messingerwoods.org/#!/volunteerinfo/c55m>
Application:
http://media.wix.com/ugd/56f86e_46aede478c134bfa8e8f7d2b15cfe4ec.pdf
P.O. Box 508
Orchard Park, New York 14127
(716) 345-4239

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University at Buffalo

Office of Prehealth Advising

109 Norton Hall

Buffalo, New York 14260