

Volunteer Opportunities for Prehealth Students in the Western NY Area

(Updated: January 2020)



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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

Transportation Information

There are several options for transportation from UB to local volunteering and shadowing sites for those who do not have a car. Regardless of your mode of transportation, please be safe!

- Consider volunteering with a buddy and be familiar with your surroundings, especially in the evenings/at night.
- 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 or visit <https://buffalo.edu/studentlife/life-on-campus/safety.html> for more information about Safety Shuttles.
- Use UB's Downtown Campus Shuttle "The Blue Line" (FREE!): <https://buffalo.edu/parking/getting-around-UB/bus.html>. This route connects the Downtown and South campuses with stops at the Buffalo Niagara Medical Campus, as well as other locations.
- There is public transportation between UB and local hospitals: Go to NFTA-Metro Trip Planner: <http://triplanner.nfta.com/>
 1. Choose your departure and arrival locations (you may select several "popular locations" from drop-down menu, including 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.

Other Transportation Options

- Bike-sharing: https://www.buffalo.edu/parking/getting-around-UB/bicycling.html#title_11
- Car-sharing with Zip Car: <https://www.buffalo.edu/parking/getting-around-UB/driving/zipcar.html>.
- Ride-sharing available through a variety of vendors.

Community Service General Contacts

- Student Engagement: <https://www.buffalo.edu/studentlife/who-we-are/departments/engagement.html>
- 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 seek
 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>

How to Document Your Clinical Experiences

It is important that you keep track of your clinical experiences so that you can easily and 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 field 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 U.S. (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, NY 14228

716-210-1060

Drs. Thomas G. Lyons & Elizabeth T. Lyons

Amherst Chiropractic

1622 Hopkins Road

Williamsville, NY 14221

716-689-0766

Dr. Patrick O'Neill

O'Neill Chiropractic

616 Potomac Ave.

Buffalo, NY 14222

716-884-4450

Dental Profession

Baker Victory Dental Center

<https://www.bakervictoryservices.org/dental/about-the-dental-center/>

790 Ridge Road

Lackawanna, NY 14218

716-828-9334

Dr. Bob's Dental Care (7 locations):

Call one location and ask for the office manager.

<https://www.drbobsdentalcare.com/>

Amherst

4927 Main Street

Amherst, NY 14226

716-631-2728

Kenmore

956 Kenmore Avenue

Buffalo, NY 14216

716-874-7112

Buffalo

892 Elmwood Avenue

Buffalo, NY 14222

716-332-0460

Niagara Falls

8875 Porter Road

Niagara Falls, NY 14304

716-297-5500

Cheektowaga

3099 William Street

Cheektowaga, NY 14227

716-668-2998

North Buffalo

2727 Main Street

Buffalo, NY 14214

716-833-2727

Hamburg

4741 Camp Road

Hamburg, NY 14075

716-646-9423

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Erie County Medical Center (ECMC) Center for Dental Care

This is a general dentistry clinic and offers limited shadowing times.

<https://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, NY 14215
716-898-3189

Harvest House Ministries Good Neighbors Health Care

Open Monday evenings, Wednesday mornings and Friday afternoons

<https://www.harvesthousebuffalo.org/volunteer>

175 Jefferson Avenue
Buffalo, NY 14210
716-825-0929 ext. 302
goodneighbors@harvesthousebuffalo.org

Neighborhood Health Center (4 locations)

<http://www.neighborhoodhealthcenter.org/services.html>

Blasdell

4233 Lake Avenue
Blasdell, NY 14219
716-332-3070

North West Buffalo

155 Lawn Avenue
Buffalo, NY 14207
716-875-2904

Mattina

300 Niagara Street
Buffalo, NY 14201
716-242-8600

Southtowns

151 Elmview Avenue
Hamburg, NY 14075
716-648-4345

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Private Practices

Network through your own dentist, family friends, neighbors, relatives in the dental profession (e.g., dentist, hygienist, assistant, secretary).

****Call an office first; have resume available.****

Roswell Park Comprehensive Cancer 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, NY 14263

716-845-5970

Winning Smiles Pediatric Dentistry (3 locations)

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

Contact Lee Ann at 716-332-2444

Amherst

3476 Sheridan Drive

Amherst, NY 14226

Orchard Park

3364 Southwestern Boulevard

Orchard Park, NY 14127

Buffalo

205 Linwood Ave.

Buffalo, NY 14209

Medical Profession

Alpha Epsilon Delta (AED)

<https://buffalo.campuslabs.com/engage/organization/AED>

Aspire of Western NY (formerly United Cerebral Palsy Association)

<http://www.aspirewny.org/>

2356 North Forest Road
Getzville, NY 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/>

Autism Services, Inc.

<http://friendsofasi.org/>

40 Hazelwood Drive
Amherst, NY 14228
716-631-5777

Buffalo Psychiatric Center

<https://omh.ny.gov/omhweb/facilities/bupc/index.html>

400 Forest Avenue
Buffalo, NY 14213
716-885-2261

Buffalo VA Medical Center (Across from South Campus)

<http://www.buffalo.va.gov/giving/index.asp>

3495 Bailey Avenue
Buffalo, NY 14215
716-862-8671

Camp Good Days and Special Times

<http://www.campgooddays.org/volunteer>

Summer Camping Programs

PO Box 665 1332
Pittsford-Mendon Road
Mendon, NY 14506
585-624-5555

Year-Round Programs

Western NY Regional Office
6430 Transit Road, Suite 200
Depew, NY 14043
716-206-0709

Catholic Health Systems (5 locations)

<http://www.chsbuffalo.org/Give/Volunteer>

Kenmore Mercy Hospital

2950 Elmwood Avenue
Kenmore, NY 14217
716-447-6189

Sisters of Charity Hospital

2157 Main Street
Buffalo, NY 14214
716-862-1106

Mercy Hospital of Buffalo

565 Abbott Road
Buffalo, NY 14220
716-828-2098

Sisters of Charity Hospital:

St. Joseph Campus

2605 Harlem Road
Cheektowaga, NY 14225
716-891-2545

Mount St. Mary's Hospital

5300 Military Road
Lewiston, NY 14092
716-297-4800

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Community Health Center of Buffalo (4 locations)

<http://www.chcb.net/>

Buffalo

34 Benwood Avenue
Buffalo, NY 14214
716-986-9199

Cheektowaga

934 Cleveland Drive
Cheektowaga, NY 14225
716-304-1056

Lockport

38 Heritage Court
Lockport, NY 14094
716-478-6655

Niagara Falls

2715 Highland Avenue
Niagara Falls, NY 14305
716-278-4418

Eastern Niagara Health System (2 sites)

<http://www.enhs.org/>

Lockport

521 East Avenue
Lockport, NY 14094
716-514-5700

Newfane

2600 William Street
Newfane, NY 14108
716-778-5111

Elmwood Health Center (Affiliated with People, Inc.)

<http://www.elmwoodhealthcenter.org/index.html>

2128 Elmwood Avenue
Buffalo, NY 14207
716-874-4500

Erie County Medical Center (ECMC)

<http://www.ecmc.edu/about-ecmc/volunteer-at-ecmc/>

Contact: Kathi Mitri (KMitri@ecmc.edu)
462 Grider Street
Buffalo, NY 14215
716-898-3266

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Evergreen Health Services of Western NY (2 locations)

<http://evergreenhs.org/GetInvolved/Volunteer>

Buffalo Elmwood Office

206 South Elmwood Avenue
Buffalo, NY 14201
716-847-2441

Southern Tier Services

408 West 5th Street
Jamestown, NY 14701
716-664-7855

Harvest House

Open Monday evenings, Wednesday mornings and Friday afternoons

<https://www.harvesthousebuffalo.org/volunteer>

Contact: Tom Koch

1782 Seneca Street

Buffalo, NY 14210

716-856-2400

Email: goodneighbors@harvesthousebuffalo.org

Homeless Shelters (2 locations)

Buffalo City Mission

<https://www.buffalocitymission.org/volunteer-positions/>

100 E. Tupper Street

Buffalo, NY 14203

716-854-8181 ext. 419

Friends of the Night People

<https://friendsofnightpeople.com/volunteer/>

394 Hudson Street

Buffalo, NY 14201

716-884-5375

Hospice Buffalo

<https://www.hospicebuffalo.com/donate/volunteer/>

225 Como Park Blvd.

Cheektowaga, NY 14227

716-989-2018

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Jericho Road Community Health Center (includes Hope Refugee Drop-In Center)

<http://www.jrchc.org/volunteer/>

Contact: Mary Moy
233 West Ferry Street
Buffalo, NY 14213
716-348-3000
Volunteer coordinator email: volunteer@jrhc.org

Kaleida Health Facilities (4 sites)

<http://www.kaleidahealth.org/Volunteer/>

Buffalo General Medical Center

Contact: Fr. Richard Augustyn
Email: raugustyn@kaleidahealth.org
100 High Street
Buffalo, NY 14203
716-859-2603

DeGraff Memorial Hospital

445 Tremont Street
North Tonawanda, NY 14120
716-690-2088

**John R. Oishei Children's
Hospital**

Contact: Anna Jaremko
Email: ajaremko@kaleidahealth.org
818 Ellicott Street
Buffalo, NY 14203
716-323-2420

**Millard Fillmore Suburban
Hospital**

Contact: Rebecca Lewis
Email: rlewis2@kaleidahealth.org
1540 Maple Road
Williamsville, NY 14221
716-568-3820

Lighthouse Free Medical Clinic

<http://www.acsu.buffalo.edu/~abdulhas/LH/>

1323 Jefferson Avenue
Buffalo, NY 14208
716-222-0805
Email: lighthouse.volunteer@gmail.com

Neighborhood Health Center (4 locations)

<http://www.neighborhoodhealthcenter.org/services.html>

Blasdell

4233 Lake Avenue
Blasdell, NY 14219
716-332-3070

North West Buffalo

155 Lawn Avenue
Buffalo, NY 14207
716-875-2904

Mattina

300 Niagara Street
Buffalo, NY 14201
716-242-8600

Southtowns

151 Elmview Avenue
Hamburg, NY 14075
716-648-4345

Niagara Falls Memorial Medical Center

<https://nfmcc.org/about-us/foundation/foundation-volunteer-opportunities.php>

621 10th Street
Niagara Falls, NY 14302
716-278-4440
Email: volunteers@nfmcc.org

Niagara Hospice

<http://www.niagarahospice.org/volunteer>

4675 Sunset Drive
Lockport, NY 14094
716-280-0748

Nursing Homes

Elderwood (various locations)

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

Physician Shadowing

Network through your own physician, family friends, neighbors, relatives in this profession.

****Call office first; have resume available.****

Research Opportunities

UB and Affiliated Research Centers

<http://www.buffalo.edu/research/research-centers.html>

516 Capen Hall
Buffalo, NY 14260
716-645-3321

Rochester Rotary Sunshine Campus

<https://www.sunshinecampus.org/>

809 Five Points Road
Rush, NY 14543
585-533-2080

Roswell Park Comprehensive Cancer Center

<https://www.roswellpark.org/volunteer>

Elm & Carlton Streets
Buffalo, NY 14263
716-845-5708

Sisters of Charity Hospital (Osteopathic Training Program)

<http://www.chsbuffalo.org/Education/GME/Osteopathic/Lectures>

Contact: Pam Rizzo (Email: pweimer@chsbuffalo.org)
2157 Main Street
Buffalo, NY 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, NY 14215
716-862-8671

Visionworks (various locations)

<https://www.visionworks.com/>

Harvest House

Open Monday evenings, Wednesday mornings and Friday afternoons

<https://www.harvesthousebuffalo.org/volunteer>

Contact: Tom Koch
1782 Seneca Street
Buffalo, NY 14210
716-856-2400

Email: goodneighbors@harvesthousebuffalo.org

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

Main Campus/Downtown Buffalo

1170 Main Street
Buffalo, NY 14209

Northtowns

1491 Sheridan Drive, Suite 600
Tonawanda, NY 14217

Niagara County

33 Ontario Street
Lockport, NY 14094

Pearle Vision (various locations)

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

Private Offices

Network through your own family friends, neighbors, relatives in the profession.

****Call an office first; have resume available.****

Podiatry Profession

Buffalo Medical Group/Podiatry Affiliates

<http://buffalomedicalgroup.com/services/podiatry.html>

Call 716-630-1000 for all locations.

Colleges of Podiatric Medicine

“Find a Mentor”

<http://www.dpmnetwork.org/membership/find-a-mentor/>

Private Offices

Network through your own family friends, neighbors, relatives in the profession.

Call an office first; have resume available.

Veterinary Profession

Acres of Sanctuary and Hope for Animals, Inc. (ASHA)

<http://www.ashasanctuary.com/get-active.html>

2969 Coomer Road
Newfane, NY 14108
716-249-2555

AWARE – Association for Wild Animal Rehabilitation and Education Inc.

<http://www.awarewildlife.com/contact>

5565 Mapleton Road
Lockport, NY 14094
716-625-8189

Buffalo Animal Shelter (Must be 21 years old to volunteer.)

<http://members.petfinder.com/~NY341/volunteer.html>

380 N. Oak Street
Buffalo, NY 14203
716-851-5694
Email: CBASVolunteerInfo@gmail.com

Buffalo Therapeutic Riding Center

<http://www.thebtrc.org/how-to-help/become-a-volunteer/>

950 Amherst Street
Buffalo, NY 14216
716-877-9295
Email: becandbtrc@aol.com

Buffalo Zoological Gardens

<https://buffalozoo.org/about/>

300 Parkside Avenue
Buffalo, NY 14214
716-837-3900 ext. 132

Greater Buffalo Veterinary Services/Emergency Hospital

<http://petemergencybuffalo.com/>

4821 Genesee Street
Cheektowaga, NY 14225
716-427-5114

Hawk Creek Wildlife Center, Inc.

<http://www.hawkcreek.org/wp/volunteers/>

P.O. Box 662
East Aurora, NY 14052
716-652-8646
Email: ed@hawkcreek.org

Lakeview Animal Sanctuary

5180 Fiegle Road
Pendleton, NY 14094
716-574-0359
Email: lakeviewanimalsanctuary@aol.com

Lothlorien Therapeutic Riding Center, Inc.

<http://www.lothlorientrc.org/how-to-volunteer/>

15 Reiter Road
East Aurora, NY 14052
716-655-1335
Email: volunteerlrc@gmail.com

Messinger Woods Wildlife Care & Education Center, Inc.

<http://www.messingerwoods.org/volunteerinfo>

P.O. Box 508
Orchard Park, NY 14127
716-345-4239
Email: judy@messingerwoods.org

SPCA of Erie County

<http://www.yourspca.org/volunteer>

Contact: Desirea Mojica
300 Harlem Road
West Seneca, NY 14224
716-875-7360 ext. 252
Email: desiream@yourspca.org

SPCA of Niagara County

<http://www.niagaraspca.org/how-to-help>

2100 Lockport Road
Niagara Falls, NY 14304
716-731-4368
Email: volunteercoordinator@niagaraspca.org

The Primate Sanctuary, Inc.

<http://www.theprimatesanctuary.com/volunteer.html>

2764 Livingston Avenue
Niagara Falls, NY 14303
716-284-6118
Email: kikoapeman@roadrunner.com

Wild Kritters of Niagara County

<http://wildkритters.com/about-us/get-involved>

3300 Saunders Settlement Road
Sanborn, NY 14132
716-731-9334