

# Volunteer Opportunities for Prehealth Students in the Western New York Area

(Updated: August 2021)

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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 safety services. Otherwise, walk with friends or classmates.*
- *Look Into [Safety Shuttles](#).*

### UB Downtown Campus Shuttle “The Blue Line” (FREE!)

[The Blue Line](#) connects the Downtown and South campuses with stops at the Buffalo Niagara Medical Campus, as well as other locations.

### Public Transportation between UB and Local Hospitals

- ◆ Go to [NFTA-Metro Trip Planner](#):
  1. Choose your departure and arrival locations (you may select several “popular locations” from 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.

### Other Transportation Options

- ◆ Bicycling
  - [Bike-Sharing](#)
  - [Car-Sharing with Zip Car](#):
  - Ride-Sharing available through a variety of vendors

## Community Service General Contacts

- ◆ [Student Engagement](#):
- ◆ [Central Referral Services](#) at Erie County (click on Erie County-Search by Keyword)
  1. Put in a keyword pertaining to the type of volunteering/volunteer placement you are interested in
  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](#):

## 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 \_\_\_\_\_ 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**  
**Amherst Chiropractic**  
1622 Hopkins Road  
Williamsville, New York 14221  
(716) 689-0766
- ◆ **Dr. Patrick O'Neill**  
**O'Neill Chiropractic**  
616 Potomac Ave.  
Buffalo, New York 14222  
(716) 884-4450

## Dental Profession

- ◆ **Baker Victory 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*
  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
  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) Center for Dental Care**  
*\*\*This is a general dentistry clinic and offers limited shadowing times.\*\**  
Contact: Christine Lendway  
ECMC Main Building, 1<sup>st</sup> Floor (Suite 150)  
462 Grider Street  
Buffalo, New York 14215  
(716) 898-3189

◆ **Harvest House Ministries Good Neighbors Health Care**

*Open Monday evenings, Wednesday mornings and Friday afternoons*

175 Jefferson Avenue  
Buffalo, New York 14210  
(716) 825-0929 ext. 302  
[goodneighbors@harvesthousebuffalo.org](mailto:goodneighbors@harvesthousebuffalo.org)

◆ **Neighborhood Health Center (4 locations)**

**1. Blasdell**

4233 Lake Avenue  
Blasdell, New York 14219  
(716) 332-3070

**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

**4. Southtowns**

151 Elmview Avenue  
Hamburg, New York 14075  
(716) 648-4345

◆ **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 Comprehensive Cancer Center**

**\*\*This is offered on a case-by-case basis, you will need updated flu shots and PPD\*\***

Contact: Janet Martin  
Elm & Carlton Streets  
Buffalo, New York 14263  
(716) 845-5970

◆ **Winning Smiles Pediatric Dentistry (3 locations)**

Contact Lee Ann at (716) 332-2444

**1. Amherst Office**

3476 Sheridan Drive  
Amherst, New York 14226

**2. Buffalo Office**

205 Linwood Ave.  
Buffalo, New York 14209

**3. Orchard Park Office**

3364 Southwestern Boulevard  
Orchard Park, New York 14127

## Medical Profession

◆ [Alpha Epsilon Delta \(AED\)](#)

◆ [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 \(APMS\)](#)

- [Shadowing Opportunities through APMS](#)

◆ [Autism Services, Inc.](#)

40 Hazelwood Drive  
Amherst, New York 14228  
(716) 631-5777

◆ [Buffalo Psychiatric Center](#)

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](#)

**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

◆ [Catholic Health Systems \(5 locations\)](#)

**1. Kenmore Mercy Hospital**

2950 Elmwood Avenue  
Kenmore, New York 14217  
(716) 447-6189

**2. Mercy Hospital of Buffalo**

565 Abbott Road  
Buffalo, New York 14220  
(716) 828-2098

**3. Mount St. Mary's Hospital**

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

**4. Sisters of Charity Hospital**

2157 Main Street  
Buffalo, New York 14214  
(716) 862-1106

**5. Sisters of Charity Hospital St. Joseph Campus**

2605 Harlem Road  
Cheektowaga, New York 14225  
(716) 891-2545

◆ **Community Health Center of Buffalo** (4 locations)

**Buffalo Office**

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

**Lockport Office**

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

**Cheektowaga Office**

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

**Niagara Falls Office**

2715 Highland Avenue  
Niagara Falls, New York 14305  
(716) 278-4418

◆ **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.)

2128 Elmwood Avenue  
Buffalo, New York 14207  
(716) 874-4500

◆ **Erie County Medical Center (ECMC)**

Contact: Kathi Mitri  
462 Grider Street  
Buffalo, New York 14215  
(716) 898-3266  
Email: [KMitri@ecmc.edu](mailto:KMitri@ecmc.edu)

◆ **Evergreen Health Services of Western New York** (2 locations)

**Buffalo Elmwood Office**  
206 South Elmwood Avenue  
Buffalo, New York 14201  
(716) 847-2441

**Southern Tier Services**  
408 West 5th Street  
Jamestown, New York 14701  
(716) 664-7855

◆ **Harvest House**

*Open Monday evenings, Wednesday mornings and Friday afternoons*

Contact: Tom Koch  
1782 Seneca Street  
Buffalo, New York 14210  
(716) 856-2400

◆ **Homeless Shelters (2 locations)**

1. **Buffalo City Mission**  
100 E. Tupper Street  
Buffalo, New York 14203  
(716) 854-8181 ext. 419

2. **Friends of the Night People**  
394 Hudson Street  
Buffalo, New York 14201  
(716) 884-5375

◆ **Hospice Buffalo**

225 Como Park Blvd.  
Cheektowaga, New York 14227  
(716) 989-2018

◆ **Jericho Road Community Health Center** (Includes Hope Refugee Drop-In Center)

Contact: Mary Moy  
233 West Ferry Street  
Buffalo, New York 14213  
(716) 348-3000  
Volunteer Coordinator: [volunteer@jrhc.org](mailto:volunteer@jrhc.org)

◆ **Kaleida Health Facilities** (4 sites)

- 1. Buffalo General Medical Center**  
Contact: Fr. Richard Augustyn  
[raugustyn@kaleidahealth.org](mailto:raugustyn@kaleidahealth.org)  
100 High Street  
Buffalo, New York 14203  
(716) 859-2603
- 2. DeGraff Memorial Hospital**  
445 Tremont Street  
North Tonawanda, New York 14120  
(716) 690-2088
- 3. John R. Oishei Children's Hospital**  
Micaela Inglese  
[minglese@kaleidahealth.org](mailto:minglese@kaleidahealth.org)  
818 Ellicott Street  
Buffalo, New York 14203  
(716) 323-2420
- 4. Millard Fillmore Suburban Hospital**  
Kathy Sicherman  
[ksicherman@kaleidahealth.org](mailto:ksicherman@kaleidahealth.org)  
1540 Maple Road  
Williamsville, New York 14221  
(716) 568-3820

◆ **Lighthouse Free Medical Clinic**

34 Benwood Avenue  
Buffalo NY 14214

1323 Jefferson Avenue  
Buffalo, New York 14208

(716) 222-0805  
Email: [lighthouse.volunteer@gmail.com](mailto:lighthouse.volunteer@gmail.com)

◆ **Neighborhood Health Center** (4 locations)

- 1. Blasdell**  
4233 Lake Avenue  
Blasdell, New York 14219  
(716) 332-3070
- 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
- 4. Southtowns**  
151 Elmview Avenue  
Hamburg, New York 14075  
(716) 648-4345

◆ **Niagara Falls Memorial Medical Center**

621 10th Street  
Niagara Falls, New York 14302  
(716) 278-4440  
[volunteers@nfmhc.org](mailto:volunteers@nfmhc.org)

◆ **Niagara Hospice**

4675 Sunset Drive  
Lockport, New York 14094  
(716) 280-0748

◆ **Nursing Homes**

**Elderwood** (various locations)

◆ **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**

[Experiential Learning Network \(ELN\)](#)  
[ELN Research Listings](#)

◆ **[Rochester Rotary Sunshine Campus](#)**

809 Five Points Road  
Rush, New York 14543  
(585) 533-2080

◆ **[Roswell Park Comprehensive Cancer Center](#)**

Elm & Carlton Streets  
Buffalo, New York 14263  
(716) 845-5708

◆ **[Sisters of Charity Hospital \(Osteopathic Lecture Program\)](#)**

Contact: Pam Rizzo  
[pweimer@chsbuffalo.org](mailto:pweimer@chsbuffalo.org)  
2157 Main Street  
Buffalo, New York 14214  
(716) 862-1840

◆ **[Sloan Comfort Care Home](#)**

[Marymollysch@comfortcarewny.org](mailto:Marymollysch@comfortcarewny.org)  
17 Gierlach St.  
Buffalo, New York 14212  
(716) 931-5011

1. **[UB and Affiliated Research Centers](#)**

516 Capen Hall  
Buffalo, New York 14260  
(716) 645-3321

## Optometry Profession

◆ **Buffalo VA Medical Center Eye and Vision Care or Vision Rehabilitation Services**

3495 Bailey Avenue  
Buffalo, New York 14215  
(716) 862-8671

◆ **Visionworks** (various locations)

◆ **Harvest House**

*Open Monday evenings, Wednesday mornings and Friday afternoons*

Contact: Tom Koch  
1782 Seneca Street  
Buffalo, New York 14210  
(716) 856-2400

◆ **JCPenney's Optical** (various locations)

◆ **LensCrafters** (various locations)

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

◆ **Visually Impaired Advancement** (3 locations)

Call (716) 888-4556 for all locations

<https://viawny.org/>

**1. Main Campus/Downtown Buffalo**

1170 Main Street  
Buffalo, New York 14209

**2. Northtowns**

1491 Sheridan Drive, Suite 600  
Tonawanda, New York 14217

**3. Niagara County**

33 Ontario Street  
Lockport, New York 14094

◆ **Pearle Vision** (various locations)

◆ **Private Offices**

## Podiatry Profession

◆ **Buffalo Medical Group/Podiatry Affiliates**

Call (716) 630-1000 for all locations

◆ **Colleges of Podiatric Medicine**

**"Find a Mentor"**

◆ **Private Offices**

## Veterinary Profession

- ◆ **[Acres of Sanctuary and Hope for Animals, Inc. \(ASHA\)](#)**  
2969 Coomer Road  
Newfane, New York 14108  
(716) 249-2555
  
- ◆ **[AWARE – Association for Wild Animal Rehabilitation and Education Inc.](#)**  
5565 Mapleton Road  
Lockport, New York 14094  
(716) 625-8189
  
- ◆ **[Buffalo Animal Shelter](#)**  
*Must be 21 years old to volunteer.*  
380 N. Oak Street  
Buffalo, New York 14203  
(716) 851-5694  
Email: [CBASVolunteerInfo@gmail.com](mailto:CBASVolunteerInfo@gmail.com)
  
- ◆ **[Buffalo Therapeutic Riding Center](#)**  
950 Amherst Street  
Buffalo, New York 14216  
(716) 877-9295  
Email: [becandbtrc@aol.com](mailto:becandbtrc@aol.com)
  
- ◆ **[Buffalo Zoological Gardens](#)**  
300 Parkside Avenue  
Buffalo, New York 14214  
(716) 837-3900 ext. 132
  
- ◆ **[Greater Buffalo Veterinary Services/Emergency Hospital](#)**  
4821 Genesee Street  
Cheektowaga, New York 14225  
(716) 427-5114
  
- ◆ **[Hawk Creek Wildlife Center, Inc.](#)**  
P.O. Box 662  
East Aurora, New York 14052  
(716) 652-8646  
Email: [ed@hawkcreek.org](mailto:ed@hawkcreek.org)
  
- ◆ **[Lakeview Animal Sanctuary](#)**  
5180 Fiegle Road  
Pendleton, New York 14094  
(716) 574-0359  
Email: [lakeviewanimalsanctuary@aol.com](mailto:lakeviewanimalsanctuary@aol.com)
  
- ◆ **[Lothlorien Therapeutic Riding Center, Inc.](#)**  
15 Reiter Road  
East Aurora, New York 14052  
(716) 655-1335  
Email: [volunteerltrc@gmail.com](mailto:volunteerltrc@gmail.com)
  
- ◆ **[Messinger Woods Wildlife Care & Education Center, Inc.](#)**  
P.O. Box 508  
Orchard Park, New York 14127  
(716) 345-4239  
Email: [judy@messingerwoods.org](mailto:judy@messingerwoods.org)

- ◆ **[SPCA of Erie County](#)**  
 Contact: Desirea Mojica  
 300 Harlem Road  
 West Seneca, New York 14224  
 (716) 875-7360 ext. 252  
 Email: [desiream@yoursPCA.org](mailto:desiream@yoursPCA.org)
  
- ◆ **[SPCA of Niagara County](#)**  
 2100 Lockport Road  
 Niagara Falls, New York 14304  
 (716) 731-4368  
 Email: [volunteercoordinator@niagaraspca.org](mailto:volunteercoordinator@niagaraspca.org)
  
- ◆ **[The Primate Sanctuary, Inc.](#)**  
 2764 Livingston Avenue  
 Niagara Falls, New York 14303  
 (716) 284-6118  
 Email: [kikoapeman@roadrunner.com](mailto:kikoapeman@roadrunner.com)
  
- ◆ **[Rowandale Therapy Goats](#)**  
 7942 Hayes Hollow Road  
 Colden, New York 14033  
 (716) 331-6734  
 Email: [rowandalegoats@gmail.com](mailto:rowandalegoats@gmail.com)
  
- ◆ **[Whispering River Rescue](#)**  
 8524 Chestnut Ridge Road  
 Gasport, New York 14067  
 (716) 930-1922  
 Email: [whisperingriverrescue@gmail.com](mailto:whisperingriverrescue@gmail.com)
  
- ◆ **[Wild Kritters of Niagara County](#)**  
 3300 Saunders Settlement Road  
 Sanborn, New York 14132  
 (716) 731-9334