Volunteer Opportunities for Prehealth Students in the Western New York Area

(Updated: August 2021)
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

   3. Cheektowaga Location
      3099 William Street
      Cheektowaga, New York 14227
      (716) 668-9998

   5. Kenmore Location
      956 Kenmore Avenue
      Buffalo, New York 14216
      (716) 874-7112

   7. North Buffalo Location
      2727 Main Street
      Buffalo, New York 14214
      (716) 833-2727

   2. Buffalo Office
      892 Elmwood Avenue
      Buffalo, New York 14222
      (716) 332-0460

   4. Hamburg Location
      4741 Camp Road
      Hamburg, New York 14075
      (716) 646-9423

   6. Niagara Falls Location
      8875 Porter Road
      Niagara Falls, New York 14304
      (716) 297-5500

♦ 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, 1st 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

♦ **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) 478-0635

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

♦ 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@jrche.org
♦ **Kaleida Health Facilities (4 sites)**

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**  
   445 Tremont Street  
   North Tonawanda, New York 14120  
   (716) 690-2088

3. **John R. Oishei Children's Hospital**  
   Micaela Inglese  
   minglese@kaleidahealth.org  
   818 Ellicott Street  
   Buffalo, New York 14203  
   (716) 323-2420

4. **Millard Fillmore Suburban Hospital**  
   Kathy Sicherman  
   ksichernan@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

♦ **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@nfmmc.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

1. **UB and Affiliated Research Centers**
   - 516 Capen Hall
     - Buffalo, New York 14260
     - (716) 645-3321

♦ **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
     - 2157 Main Street
     - Buffalo, New York 14214
     - (716) 862-1840

♦ **Sloan Comfort Care Home**
   - Marymollyscch@comfortcarewny.org
     - 17 Gierlach St.
     - Buffalo, New York 14212
     - (716) 931-5011
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

- **Buffalo Therapeutic Riding Center**
  
  950 Amherst Street  
  Buffalo, New York 14216  
  (716) 877-9295  
  Email: becandbtrec@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: edl@hawkcreek.org

- **Lakeview Animal Sanctuary**
  
  5180 Fiegle Road  
  Pendleton, New York 14094  
  (716) 574-0359  
  Email: lakeviewanimalsanctuary@aol.com

- **Lothlorien Therapeutic Riding Center, Inc.**
  
  15 Reiter Road  
  East Aurora, New York 14052  
  (716) 655-1335  
  Email: volunteltrc@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
♦ **SPCA of Erie County**
  Contact: Desirea Mojica  
  300 Harlem Road  
  West Seneca, New York 14224  
  (716) 875-7360 ext. 252  
  Email: desiream@yourspca.org

♦ **SPCA of Niagara County**
  2100 Lockport Road  
  Niagara Falls, New York 14304  
  (716) 731-4368  
  Email: volunteercoordinator@niagaraspca.org

♦ **The Primate Sanctuary, Inc.**
  2764 Livingston Avenue  
  Niagara Falls, New York 14303  
  (716) 284-6418  
  Email: kikoapeman@roadrunner.com

♦ **Rowandale Therapy Goats**
  7942 Hayes Hollow Road  
  Colden, New York 14033  
  (716) 331-6734  
  Email: rowandalegoats@gmail.com

♦ **Whispering River Rescue**
  8524 Chestnut Ridge Road  
  Gasport, New York 14067  
  (716) 930-1922  
  Email: whisperingriverrescue@gmail.com

♦ **Wild Kritters of Niagara County**
  3300 Saunders Settlement Road  
  Sanborn, New York 14132  
  (716) 731-9334