Volunteer Opportunities for Prehealth Students in the Western New York Area

(Updated: February 2022)
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* *(6 locations)*:
  Call one location and ask for Office Manager

  **Amherst Office**
  4927 Main Street
  Amherst, New York 14226
  (716) 631-2728

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

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

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

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

  **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 (5 locations)

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

Mattina
300 Niagara Street  
Buffalo, New York 14201  
(716) 242-8600

North West Buffalo
155 Lawn Avenue  
Buffalo, New York 14207  
(716) 875-2904

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

Riverway
1569 Niagara Street  
Buffalo, New York 14213  
(COMING SOON! Opening 2022)

♦ 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

Amherst Office
3476 Sheridan Drive  
Amherst, New York 14226

Buffalo Office
205 Linwood Ave.  
Buffalo, New York 14209

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
  Main Phone: 716-834-9200
  Mental Health Clinic: 716-862-3117

♦ **Camp Good Days and Special Times**
  1. **Summer Camping Programs**
     PO Box 665
     1332 Pittsford-Mendon Road
     Mendon, New York 14506
     (585) 624-5555 or
     800-785-2135
  2. **Year Round Programs**
     Western NY Regional Office
     6430 Transit Road, Suite 200
     Depew, New York 14063
     (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)

   Use (716) 986-9199 for all.

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

   **Cheektowaga Office**
   934 Cleveland Drive
   Cheektowaga, NY 14225

   **Lockport Office**
   38 Heritage Court
   Lockport, New York 14094

   **Niagara Falls Office**
   2715 Highland Avenue
   Niagara Falls, New York 14305

♦ **Eastern Niagara Health System** (2 sites)

   **Lockport Site**
   521 East Avenue
   Lockport, New York 14094
   (716) 514-5700

   **Ambulatory Care Cnt/Lockport Imaging**
   3875 S. Transit Road
   Lockport, New York 14094
   (716) 433-9525

♦ **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

   Go to website for more locations

♦ **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) 686-8977
♦ **Jericho Road Community Health Center** (Includes Hope Refugee Drop-In Center)
  - Contact: Mary Moy
  - 184 Barton Street
  - Buffalo, New York 14213
  - Administration: (716) 348-3000
  - Medical: (716) 881-6191
  - Volunteer Coordinator: volunteer@jrchc.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
     ksicherman@kaleidahealth.org
   - 1540 Maple Road
   - Williamsville, New York 14221
   - (716) 568-3820

♦ **Lighthouse Free Medical Clinic**
  - 34 Benwood Avenue
  - Buffalo NY 14214
  - (716) 222-0805
  - Email: lighthouse.volunteer@gmail.com

♦ **Neighborhood Health Center** (5 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

5. **Riverway**
   - (COMING SOON - 2022)
   - 1569 Niagara Street
   - Buffalo, New York 14213

♦ **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) 439-4417
♦ 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
   pwimmer@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) 834-9200

♦ **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)

♦ **Visually Impaired Advancement** (3 locations)
  Call (716) 888-4556 for all locations
  [https://viawny.org/](https://viawny.org/)
  1. **Main Campus/Downtown Buffalo**
     1770 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: 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) 537-0343

♦ Hawk Creek Wildlife Center, Inc.
P.O. Box 662
East Aurora, New York 14052
(716) 652-8646
Email: ed@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) 651-1335
Email: 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
♦ **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) 284-6118  
  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