

CAMBRIA PHYSICIANS

Dr. Robert Gong
2150 Main Street
Cambria, Ca.
927-8671

Dr. David McBride
2515 Main Street
Cambria, Ca.
927-5292

URGENT CARE

**Family and Industrial Care
Medical Center**
47 Santa Rosa
San Luis
542-9596
M-F 9-9/Sat 9-6/Sun 9-4
Holidays 9-4

Med Stop
283 Madonna Road
Madonna Plaza
San Luis
549-8880
M-F 8 to 8/ Sat 8-4

MedWorks
350 N Posada Lane
Templeton
434-3699
M-F 8:30-6:30/Sat 10-4

DENTISTS

Dr. Frank Fratto
2150 Main Street
Cambria, Ca.
927-4811

Dr. Dean Hilger
2420 Main Street
927-4609

Dr. Jill Poulos
4235 Bridge Street
927-5797

Urgent Care
636 Spring Street
Paso Robles
238-2422
M-F 10-5/Sat 10-2

Med Plus
877 Oak Park Blvd.
Pismo Beach
474-8450
M-F 8-6/Sat 9-3

HOSPITALS

French Hospital
1911 Johnson Ave.
San Luis
543-5353

Sierra Vista
1010 Murray Avenue
San Luis
546-7600
www.sierravistaregional.com

Twin Cities
1100 Las Tablas Rd
Templeton
434-3500
Physician Referral
800-343-7099
www.twincities.com

AREA AGENCIES PHONE NUMBERS

Alzheimers Assoc.
197 N.10th St.
Grover Beach
481-9364

Caltrans Road Info.
800-427-7623
www.dot.ca.gov/dist05
927-4173

Cambria Adult Res. Education
C.A.R.E.S. 927-4290
T-F 9-3 St.Pauls Episcopal
Activities for adults
Respite for caregivers

Cambria Anonymous Neighbors
927-5673
Provides services to seniors & needy

Cambria Chamber
767 Main St.
927-3624
M-F 9-5

Cambria Comm. Bus
927-4173
M-F 9-11am
2 days notice needed

Cambria Senior Nutrition
St. Pauls Episcopal
2700 Eton Road
927-1268/Jessie Miller
M-F Noon/\$2.50
Home delivery avail.

Cambria Ambulance
Jason Melendy/Operations Mgr.
927-8081

Meals on Wheels
541-1336
Delivered meals
for housebound
seniors

Cambria Community Healthcare District
Don Melendy, Administrator
927-8304

Cambria Fire Department
Bob Putney, Chief
927-6240

Neighborhood Watch
781-4547

Cambria Village Transit
927-0468
Trolley Service
F-M 9am-6pm
Loops every ½ hr.

Poison Control Center
1-800-662-9886

P.G. & E
1-800-743-5000

Central Coast Area Transit
781-4472 (See Schedule)
.50 to \$1.75
M-S 7am-11pm
www.rideshare.org

San Luis Crime Stoppers
24 Hr. hotline
549-7867

Crisis Intervention Team
927-8304

San Luis County
Sheriff's/Coroner Office
781-4550

Hospice
782-8608
www.hospiceslo.org

1-800-834-3346
FAX-781-1103

Hotline
800-549-8989
24 hr. help line

Mental Health Hotline
800-838-1381
24 hr. help line

ATASCADERO PHARMACIES

Rite Aid
Adobe Plaza
7055 El Camino Real
Atascadero
466-8722
M-F/9-9
Sat/9-7 & Sun/10-6

United Drugs-Max Care
4825 El Camino
Atascadero
466-0302
M-F/8-5

Sav-On Pharmacy/In Albertson,s
8200 El Camino Real
Atascadero
462-0834
M-F/9-9
Sat./9-5 & Sun/10-6

Walgreen's Drugs
8005 E Camino
462-9272
Pharmacy Open 24hrs

CAMBRIA & CAYUCOS PHARMACIES

Cambria Drug & Gift
2222 Main Street
Cambria
927-7283
M-F/9-6
Sat./9-5 (Pharm. On duty 9-2)
Free Delivery

Cayucos Pharmacy
124 N. Ocean Ave.
Cayucos
995-3538
M-F/9-5:30
Sat./10-3

Keenan's Pharmacy
2306 Main Street
Cambria
927-4236
M-F/9-5
Sat.10-4 (Pharm. On duty 10-2)
Free Delivery

MORRO BAY & LOS OSOS PHARMACIES

Medicine Shoppe
783 Quintana-Suite 3
Morro Bay
772-0130
M-F/10-6
Sat./10-1

Rexall
989 Los Osos Valley Rd
Los Osos
528-1017
M-F/9-6
Sat./10-5

Rite Aid
Cypress Plaza Shopping Center
740 Quintana Rd
Morro Bay
772-6198
M-F/ 9-9
Sat./9-7&Sun./10-6

Rite Aid
Los Osos Shopping Center
1110 Los Osos Valley Rd.
Los Osos
528-5779
M-F/9-9
Sat./9-7&Sun./10-6

United Drugs Max Care
989 Los Osos Valley Rd
Los Osos
528-1017
M-F/8-5

PASO ROBLES PHARMACIES

Rite Aid
Williams Plaza
1151 Creston Rd
Paso Robles
239-3028
M-F/9-9
Sat./9-7 & Sun./10-6

Wal Mart
180 Niblick Road
Paso Robles
238-2626
M-F/8-8
Sat./ 9-7 & Sun /10-6

SAN LUIS OBISPO PHARMACIES

Health Plus Pharmacy
948-A Foothill Blvd.
San Luis
543-5950
M-F/10-6
Sat./10-2

Rite Aid
765 Foothill Blvd.
San Luis
543-5697
M-F/9-9
Sat./9-7 & Sun. 10-6

Longs
Laguna Village Shopping Center
1300 Madonna Rd.
San Luis
549-0993
M-F/10-9
Sat./10-7 & Sun./10-6

Rite Aid
1251 Johnson Ave.
San Luis
545-0655
M-F/9-9
Sat./9-7 & Sun./10-6

TEMPLETON PHARMACIES

Custom Care Pharmacy
590S Main
Templeton
434-5969
M-F/9-6

Templeton Hills Pharmacy
1050 Las Tablas Road
Templeton
434-1801
M-F/9-5:30

Vetricare
590 S Main
Templeton
434-5999
M-F/9-6

HOME HEALTH CARE /SENIOR RESOURCES

Active Care

**850 A Shasta Ave.
Morro Bay
772-7744**

Home Health Service

**1001 Golder Rod Lane
San Luis
543-8860**

Adult Day Care

547-3830

In-Home Supportive Services

781-1790

Adult Protective Services

781-1790

Independent Living Res. Cntr.

593-0667

Area Agency on Aging

1-800-510-2020

Linkages Care Management

1-800-491-2246/547-9680

Best Care Home Health

**Memory Disorders
782-8600**

Long Term Care Ombudsman

**24 hr.State emergency service
1-800-231-4024/785-0132**

Coast Caregivers Resource Center

1-800-443-1236

Senior Information Guide

**Call Alzheimer's Assoc.
547-3830**

Comfort Keepers

528-8862

Senior Living Consultants

**A Free Placement Agency
545-5901**

Geriatric Care Management

**3450 Broad Street Suite 104
San Luis
597-3092**

Senior Peer Counseling

547-7025 Ext. 15

**Health Insurance Counseling
& Advocacy Program/HICAP
1-800-434-0222**

Social Services Dept./County

781-1600

ADULT DAY CARE SERVICES

CARES
2700 Eton Road
Cambria
927-4290
Tues. & Thurs, 9a.m.-3p.m.
\$10 per hr/including lunch

The Palm Street House
1118 Palm Dstreet
San Luis
M-F, 8a.m.-5p.m.
\$10 hr./\$75 full day/\$5.50 lunch
544-1414

EOC Adult Day Services
690 Petersen Ranch Road
Templeton, Ca. 93465
M-F,7:30a.m.-5:30p.m.
Sliding Scale
434-2081

Senior Moments
2727 Thoroughbred Place
Arroyo Grande
M-T,9a.m.-3p.m.
\$45 per day
489-5796

CAMBRIA SCHOOLS/ SUPERINTENDENT PAM MARTENS

Cambria Grammar School
3223 Main Street
927-4400
Carol Stoner, Principal

Coast Union High School
2950 Santa Rosa Creek Rd.
927-3889
Karl Dearie, Principal

Santa Lucia Middle School
2850 Schoolhouse Lane
927-3693
Denis Declercq, Principal

Leffingwell High School
2950 Santa Rosa Creek Rd.
927-7148
Mike Schackel, Principal

VETERINARIANS

**Alliance Vet Clinic
825 Riverside Dr.
Paso Robles
239-1580**

**Animal Hospital of San Luis
624 California Blvd.
San Luis Obispo
543-0985**

**Atascadero Pet Center
9575 El Camino Real
Atascadero, Ca
466-3880
24 Hour Care
www.apetcenter.com**

**Bear Valley Animal Clinic
2021 11th Street
Los Osos
528-0693**

**Broad Street Vet
2322 Broad Street
San Luis
543-8387**

**Cambria Animal Medical
2501 Village Ln
Cambria
927-7000**

**Central Coast Pet Emergency
1558 W. Branch
Arroyo Grande
489-6573**

**M-F/6 pm - 8am
Open 24hrs. Weekends
& Holidays**

**Coast Vet Clinic
1825 Quintana
Morro Bay
772-2228**

**El Camino Vet Hospital
1380 El Camino
Atascadero
466-6677**

**Los Osos Pet Hospital
2239 Bayview Heights
Los Osos
528-4111**

**Main Street Animal Hospital
80 North Main
Templeton
434-2002**

**Mobile Vet Services
549-7725**

Morro Bay Vet Clinic
385 Quintana Rd
Morro Bay
772-4411

San Luis Vet Clinic
2963 S. Higuera
San Luis
543-4912

North County Animal Hospital
825 24th Street
Paso Robles
238-5882

Stenner Creek Pet Hospital
191 Santa Rosa
San Luis
543-2500

O'Connor Pet Hospital
300 Higuera
San Luis
543-4615

Vet. Medical Center
8165 Morro Road
Atascadero
461-3002

Paso PetCare
527 Pine
Paso Robles
238-1091

Paso Veterinary Medical Center
725 Walnut Dr.
Paso Robles
238-4622

24 HOUR VET SERVICES

Atascadero Pet Center
9575 El Camino Real
Atascadero
466-3880

BRACELETS FOR ALZHEIMERS/ELDERLY

PROJECT LIFESAVER BRACELETS

Bracelets with a radio frequency transmitter/\$100 deposit/\$25 per month

Call San Luis Obispo Lions @ 548-0909

Leave message to sign up

Or, call the Sheriffs Department @ 434-4290

Ask for Sargent Mackey

SAFE RETURN BRACELETS

\$40 enrollment fee

888-572-8566

www.alz.org/safereturn

211 SOCIAL SERVICES/CRISIS LINE

211 Will connect the calling party to Hotline Crisis Intervention

And will also a referral for Social Service #' and Questions

And General Information