

## CAMBRIA PHYSICIANS

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

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

## DENTISTS

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

**Dr. Jill Poulos**  
4235 Bridge Street  
Cambria, Ca  
927-5797

## 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

**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

**MedStop Urgent Care**  
783 Qunitana Road  
Morro Bay, Ca  
771-0108  
M-S 8-7/Sun 9-1t

## HOSPITALS

**French Hospital**  
1911 Johnson Ave.  
San Luis  
543-5353

**Sierra Vista**  
1010 Murray Avenue  
San Luis  
546-7600  
[www.sierravistaregional.com](http://www.sierravistaregional.com)

**Twin Cities**  
1100 Las Tablas Rd  
Templeton  
434-3500  
Physician Referral  
800-343-7099  
[www.twincities.com](http://www.twincities.com)

## AREA AGENCIES PHONE NUMBERS

**Alzheimers Assoc.**  
3480 S. Higuera/Suite 120  
San Luis/547-3830  
800-272-3900 24HR  
Jessica Mezzapesa/Consultant  
[www.alz.org/cacentralcoast](http://www.alz.org/cacentralcoast)

**Caltrans Road Info.**  
800-427-7623  
[www.dot.ca.gov/dist05](http://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**  
**Dan McCrain/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**  
**Mark Miller, 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](http://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 Partners**  
**782-8608**  
**[www.hospicepartners.org](http://www.hospicepartners.org)**

**800-834-3346**  
**FAX-781-1103**

**Hospice**  
**1304 Pacific**  
**San Luis Obispo**  
**544-2266**  
**[www.hospiceslo.org](http://www.hospiceslo.org)**

**Hotline/24 hr. help line**  
**800-549-4499**

**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**

**Morro Bay Drug**  
**600 Morro Bay Blvd**  
**Suite B**  
**Morro Bay**  
**771-9988**  
**M-F/9-6**  
**Sat 9-2**

**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 PROVIDERS & PLACEMENT**

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

**Home Health Services**  
1001 Golden Rod lane  
San Luis  
543-8860

**Comfort Keepers**  
528-8862

**Home Instead**  
773-3744

**Geriatric Care Management**  
3450 Broad St. Suite 104  
San Luis  
597-3092

**Senior Living Consultants**  
Placement service for Seniors  
3165 Broad St. Suite 112  
San Luis  
545-5906  
[www.seniorlivingconsultants.com](http://www.seniorlivingconsultants.com)

## **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

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