



MINUTES MATTER

COASTAL COMMUNITY HEALTH
RESOURCE GUIDE



Cambria and Central Coast

Resource Guide & Directory

Letter from President Montalvo

In a life threatening emergency, minutes matter. Having access to your local healthcare resources becomes vital. The Cambria Community Healthcare District (CCHD), has two full crews of EMTs and Paramedics on standby 24/7 to care for you and to get you to the nearest hospital if needed. In a recent survey of our community, the CCHD Board learned that residents are also looking for help in preventing disease, managing chronic disease, and in ensuring mental health.

As a resource to you, we have compiled this guide that contains a comprehensive healthcare and wellness resource guide and directory for your use and future reference. This booklet contains information about emergency services, medical care, preventive care programs, classes and mental health services available along the North Coast of San Luis Obispo County. We suggest you keep this booklet handy and turn to it when you are considering care for yourself or a family member.

We hope you find this guide helpful, and that it provides information for you at a time when you most need it.

Wishing you good health,

Cecilia Montalvo

President

Cambria Community Healthcare District

Emergency Services

POLICE, FIRE, AMBULANCE 911

CAL FIRE (CDF) Cambria Substation (805) 927-4262

CENTRAL COAST SHERIFF DISPATCH
(non-emergency 24 hour info) (805) 781-4550

Adult Protective Services (805) 781-1790 - After hours (844) 729-8011

Alcoholics Anonymous (805) 541-3211

American Association of Poison Control Center
800-222-1222 (24 hours/ 7 days)- www.aapcc.org

California Children's Services (SLO Public Health) (805) 781-5527

Crisis Text Line Text 'Hello' to 741-741

Domestic and Sexual Violence Hotlines

RISE Crisis Line (855) 886-7473

Stand Strong Crisis Line (805) 781-6400

Evacuation Assistance SLO County (805) 543-2444

Long Term Care Ombudsman Services
(805) 785-0132- www.ombudsmanslo.org

Mental Health / Central Coast Hotline (800) 783-0607 - Hotline: Dial 988

Narcotics Anonymous - 24-hours (800) 549-7730

Needle Exchange 24 Hour Support Directory 211

Public Health Department- San Luis Obispo

General Information (805) 781-5500

Suspected Abuse Response Team (805) 781-4878

SLO Behavioral Health (800) 838-1381

SLO Drug and Alcohol Services (805) 781-4275

SLO Social Services Department (805) 781-1600

Suicide & Crisis Lifeline

CALL OR TEXT 988 - Online chat option: www.suicidepreventionlifeline.org

Call: 800-273-TALK (800-273-8255) - Lifeline is free and available **24/7**

Trevor Lifeline (LGBTQ + Youth) (866) 488-7386



Cambria Medical Services

• Local medical services and their contact info

Cambria Medical Services

Alcohol & Drug Services (800) 838-1381

Cambria Connection Recovery Center (805) 927-1654

Connects people with programs on recovery, counseling, youth and senior programs

Animal Care (805) 927-9700

Cambria Veterinary Clinic • www.cambriavet.com

Cambria Animal Medical Center (805) 927-7000

www.cambriamc@gmail.com

Cambria Animal Control (805) 927-7377

Clinical Psychologist (415) 721-9811

Sunny Kuegle, Psy.D. • www.dr sunnykuegle.com

Assisted Living (805) 927-1051

Cherish House - the only assisted living home in Cambria

24-hour care, memory care, hospice • www.cherishcarecambria.com

Dental

Cambria Smiles (805) 927-4811 • www.cambriasmiles.com

Jill Poulos, DDS (805) 927-5797

In-Home Care (805) 927-1051

Cherish Care 24-hour caregiving in your home

Pharmacy

Cambria Drug & Gift (805) 927-7283

Physical Therapy

Cambria Physical Therapy • (805) 924-1605 • www.cambriapt.com

Core Care • (805) 927-1055 • www.corecaremd.com

Primary Care Doctors

Coastal Pines Medical Group (805) 927-1673

Concierge Medical Services • www.coastalpinesmedical.com

CHCC-Community Health Center Cambria (805) 927-5292

Primary Care, Behavioral Health, Chiropractic

www.communityhealthcenters.org • Toll free (866) 614-4636



Healthcare Tips

- What to do in the event of a Stroke, Cardiac Arrest or use of CPR
- Risk of High Blood Pressure
- Nutrition & Exercise/Physical Activity
- Mental Health

Hands Only CPR, High Blood Pressure, Exercise and Physical Activity

(Source: American Heart Association)

Mental Health: Finding the Support You May Need

(Sources: Dr Sunny Kuegle, & UCLA School of Medicine)

Stroke Prevention

Stroke Warning Signs - Spot a stroke F.A.S.T.

- ▶ **Face Drooping:** Does one side of the face droop or is it numb? Ask the person to smile.
- ▶ **Arm Weakness:** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- ▶ **Speech Difficulty:** Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- ▶ **Time to call 9-1-1:** If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

For more information on strokes contact:

American Stroke Association - www.stroke.org

Heart Attack

Heart Attack Warning Signs

- ▶ **Chest Discomfort:** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- ▶ **Discomfort in other areas of the upper body**
- ▶ **Shortness of breath**

For more information on Heart Attacks:

American Heart Association - www.heart.org

Cardiac Arrest

Cardiac Warning Signs

- ▶ **Sudden Loss of Responsiveness:** No response to tapping on shoulders.
- ▶ **Not Breathing Normally**

For more information on Cardiac Arrest: www.heart.org

If you or a loved one experiences any one of these warnings signs, immediately dial 9-1-1.

CPR (Hands Only)

Hands-Only CPR is CPR without rescue breaths

If you see a teen or adult collapse, you can perform Hands-Only CPR with just 2 easy steps:

- ▶ **Step 1 - Call 911** and
- ▶ **Step 2 - Push hard and fast in the center of the chest** to the beat of the Bee Gees' classic disco song "Stayin' Alive." The song is 100 beats per minute – the minimum rate you should push on the chest during Hands-Only CPR.

70 percent of all out-of-hospital cardiac arrests happen at home.

If you're called on to perform Hands-Only CPR, you'll likely be trying to save the life of someone you know and love. Hands-Only CPR carried out by a bystander has been shown to be as effective as CPR with breaths in the first few minutes during an out-of-hospital sudden cardiac arrest for an adult.

MINUTES TRULY DO MATTER - YOU CAN SAVE A LIFE!

*** HANDS ONLY CPR CLASSES ARE TAUGHT BY CAMBRIA COMMUNITY HEALTHCARE DISTRICT STAFF AND ARE AVAILABLE TO BOTH INDIVIDUALS AND GROUPS.**



Blood Pressure (High)

Hypertension - The “silent killer”

High blood pressure, also known as hypertension, is a symptomless “silent killer” that quietly damages blood vessels and leads to serious health problems. While there is no cure, using medications as prescribed and making lifestyle changes can enhance your quality of life and reduce your risk of heart disease, stroke, kidney disease and more. Make changes that matter like eating a well-balanced diet that is low in salt, limit alcohol, manage stress, and quit smoking if you are a smoker. Engage in regular physical activity & try to maintain a healthy weight. Most importantly, work together with your health care professional to manage and maintain a healthy blood pressure.

BLOOD PRESSURE- Healthy & Unhealthy Pressure Ranges

CATEGORY	Systolic mm Hg (upper number)	AND/OR	Diastolic mm Hg (lower number)
Normal	LESS THAN 120	AND	LESS THAN 80
Elevated	120-129	AND	LESS THAN 80
High BP Hypertension-Stage 1	130-139	OR	80-89
High BP Hypertension-Stage 2	140 or HIGHER	OR	90 or HIGHER
Hypertensive Crisis	HIGHER THAN 180	AND/OR	HIGHER THAN 120

(Consult your doctor immediately)



Nutrition (Balanced)

You are what you eat

Overall good health has a lot to do with the balance of the nutritional sources we put in our bodies. Aim to get quality nutrition from healthy food sources such as:

- Fruits
- Vegetables
- Whole grains
- Low-fat dairy products
- Skinless poultry and fish
- Nuts and legumes
- Non-tropical vegetable oil

Limit:

- Alcoholic beverages
- Saturated and trans fats
- Sodium
- Fatty meats
- Items with added sugar such as sugar-sweetened beverages

Exercise + Physical Activity

Move your body

Taking charge of your fitness may be one of the best decisions you'll ever make. Even moderately intense physical activity, such as brisk walking, is beneficial when done regularly. Regular physical activity helps to lower blood pressure, improve heart health, control weight and reduce stress.

For overall health benefits to the heart, lungs and circulation, get regular aerobic activity using the following guidelines:

- ▶ **Most healthy people** - get the equivalent of **at least 150 minutes** (two hours and 30 minutes) **per week of moderate-intensity physical activity**, such as brisk walking. You can measure moderate level by the 'talk test': if you can easily hold a conversation while active you should increase your pace so you are a bit more challenged talking while you are exercising.
- ▶ **Break it up** - Even 30 minutes a day, at least five days a week. Shorter sessions count, too.
- ▶ **Physical activity should be spread throughout the week.** Include flexibility/stretching exercises and muscle-strengthening activity at least two days each week. If you have not been active for quite some time or if you are beginning a new activity or exercise program, take it gradually. Consult your health care professional if you have cardiovascular disease or any other pre-existing condition.



Mental Health

Finding the support you may need

When your life spins out of control, asking for help is a sign of strength, not weakness. The American Psychological Association (APA) advises you to get the help of a trained mental health professional if you are experiencing any of the following:

- ▶ **Diminished ability to think or concentrate**
- ▶ **Avoiding others or situations due to intense worry or fear**
- ▶ **Difficulty sleeping or sleeping too much**
- ▶ **Fatigue or loss of energy or feeling overwhelmed by life**
- ▶ **Lack of interest in things or activities that once gave you pleasure**
- ▶ **Use of alcohol or other substances to get through the day**
- ▶ **Feelings or behaviors that negatively impact your relationships at home or work**
- ▶ **Feelings of emptiness or worthlessness or recurring thoughts of death**

Ask for help if someone who knows you well, expresses noticeable changes in your mood or behavior. Talk with your family healthcare provider to find out if your symptoms may be caused by health conditions. If a health condition is not present, your provider may be able to suggest a licensed mental health provider or other resources to help support you.

It is important you find a therapist with whom you feel comfortable to talk to honestly, who has training and experience in your area of concern and has the skills and personal depth to collaborate with you as you work towards the changes you want to make.



CCHD Healthcare Resource Directory

• Statewide healthcare businesses and their contact info

CCHD Healthcare Resource Directory

Community Clubs

Cambria Adult Resources Education & Support (C.A.R.E.S.) (805) 927-4290

Cambria Anonymous Neighbors (805) 927-5673

Medical transportation, fall alert devices, medical equipment on loan, minor home repairs (shower bars, etc.), food distribution with SLO Food Bank

Cambria Community Council (805) 927-4173

Call at least one day in advance - Community Bus, FREE Grants, supports local organizations • www.cambriacommunitycouncil.org

Cambria Lions Club

www.cambrialions.org

Cambria Neighbors Club

www.cambrianeighbors.org

A community social organization formed to provide newcomers and neighbors opportunities to learn, have fun, and make friends

Cambria Rotary Club (805) 395-2775

Meets Fridays, noon at alternate locations - Community focused services
www.cambriarotary.org

Joslyn Adult Recreation Center (805) 927-3364

Multitude of recreational clubs

Disability Resources

California Connect-Telecom Devices (800) 806-1191

Specialized equipment for persons with disabilities, such as dual-party relay, and assists for speech generating devices • www.caconnect.org

CA Department of Rehabilitation (805) 549-3361 (SLO)

Provides services and advocacy for employment, independent living, and equality for individuals with disabilities

Independent Living Resource Center (805) 462-1162 Ext. 413 (SLO)

www.ilrc-trico.org

CCHD Healthcare Resource Directory

Pathpoint (805) 782-8890

Assistive Technology - Person-centered tools connecting individuals to technology • www.pathpoint.org

Tri-Counties Regional Center (805) 543-2833, (800) 456-4153

All levels of assistance for continued independence • www.tri-counties.org

Food and Nutrition

CalFresh/Food Stamps (805) 772-6405

Morro Bay Local DSS • Helps people with low-income buy the nutritious food needed for good health - Recipients can buy food at any grocery store or farmers market that accepts EBT • www.getcalfresh.org

Cambria Senior Nutrition Program (Dining Room Lunch Program)

(805) 927-1268

St. Paul's Episcopal Church • 2700 Eton Rd., Cambria, CA 93428

Lunch Time: Noon, Mon - Fri

Available for ages 60 and over - Register and call ahead

Meals That Connect (805) 541-3312

Call to set up a consultation appointment

Delivers meals to the homes of clients • www.mealsthatconnect.org

SLO Food Bank Food Distribution in Cambria

1st Thursdays, 3-4pm: Santa Rosa Church, 1174 Main St.

2nd and 4th Thursdays, 12-2 pm: Cambria Vineyard Church, 1617 Main St.

3rd Thursday, 3-4pm: Cambria Union Grammar School, 1350 Main St.

Health Services

Adult Day Center (CAPSLO) (805) 239-5679

Provides adult day care for seniors with Alzheimer's and other forms of dementia and respite for their family caregivers

www.capslo.org/adult-day-center

Alzheimer's Association - Central Coast (805) 342-0956

Community education, respite, resources • www.alz.org/cacentralcoast

CCHD Healthcare Resource Directory

Health Services Cont...

Care Management Services (805) 544-2266

Helps caregivers caring for loved ones with life limiting illness access to resources - Volunteer based services at no cost
www.hospiceslo.org/services/care-management-services

CenCal (Medi-Cal) (805) 421-2560 • www.cencalhealth.org/

Central Coast Seniors (805) 928-2552

Caregiver support, senior resources, advocacy • www.centralcoastseniors.org

Community Health Center - Cambria (CHC) (805) 927-5292

1276 Tamson Drive Cambria • Primary care, behavioral health, chiropractic

Community Counseling Center (805) 543-7969

Dental Care for Medi-Cal

Smile California • www.smilecalifornia.org

ECHO Homeless Organization (805) 462-3663

Elder Abuse Prevention (805) 925-9554

Area agency on aging, Central Coast

GALA Pride & Diversity Center (805) 541-4252

HOSPICE In-Home Support (805) 544-2266

Hospice SLO County in-home volunteers offer respite care to relieve the primary care person - Volunteers offer emotional and practical support - Free of charge • www.hospiceslo.org/services/home-support

In-Home Support Services (IHSS) SLO County (805) 461-6110

Helps pay for services provided to aged, blind, or disabled individuals
[www.slocounty.ca.gov/Departments/Social-Services/Adult-Services/Services/In-Home-Supportive-Services-\(IHSS\)-Program](http://www.slocounty.ca.gov/Departments/Social-Services/Adult-Services/Services/In-Home-Supportive-Services-(IHSS)-Program)

LINK Family Resource Center (805) 466-5404

Links youth and families with programs and services to address their needs
www.linkslo.org/#coastal

CCHD Healthcare Resource Directory

Health Services Cont...

Medical Equipment (805) 927-5673

Cambria Anonymous Neighbors • Lends basic medical devices (walkers, knee scooters, crutches, etc.) for temporary rehabilitation

Medicare Insurance and Counseling - FREE (805) 928-5663

Project Lifesaver (805) 544-8740

Provides those with memory loss with wristbands that emit tracking signals for local officials, often locating a person within minutes

Seniors Helping Seniors (805) 369-2110

Bring love into lives of seniors with dignity and respect
www.seniorcareslo.com

Transitions Mental Health Association (THMA) (805) 540-6500

Video Library of SLO Public Health Webinars

Chair exercises, yoga, strength, balance, stress reduction, etc.
www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/Prevention-Education

Wilshire Community Services (805) 547-7025, (805) 541-4990

Counseling, companionship, rides, errands, behavioral health
www.wilshirecommunityservices.org

Wilshire Loan Closet (805) 541-4990 • Borrow basic medical devices

Housing

Fall Prevention In-Home Assessments - FREE (805) 781-1561

Personalized recommendations to prevent falls

Home Share SLO (805) 215-5474

Connects individuals with an extra bedroom to those who are seeking housing they can afford - Options include tasks exchanged for partial rent - Assistance with matching, background checks, and check-ins
www.smartsharehousingsolutions.org

CCHD Healthcare Resource Directory

Housing Cont...

Minor Home Repair for Seniors (CAPSLO) (800) 495-0501 or (805) 541-4122
Senior tools for home safety: grab bars, handrails, smoke alarms and carbon monoxide (CO) detectors, handheld shower heads, minor plumbing, carpentry, electrical, home accessibility

SLO Housing Authority (HASLO) (805) 543-4478

ECHO Homeless Shelter (805) 462-3663

Homeless Service Center, 40 Prado (805) 544-4004

Peoples Self Help Housing (805) 781-3088

Utility Assistance

Operated by CAPSLO (805) 541-4122 ext. 25

Gas, Propane, Electric, Water Assistance - Assists low-income households with a once-a-year payment toward their utility bills

Gas Co. CARE Program (800) 427-2200

PG&E CARE Program (866) 743-2273

Transportation

Cal Trans Road Information (800) 427-ROAD (7623)

Information on Road Closures

Cambria Community Bus (805) 927-4173

Provided by Cambria Community Council

Call at least one day in advance - Community Bus, FREE and ADA equipped door to door service for seniors and disabled persons within the Cambria/San Simeon area - Multiple stops allowed

Monday - Friday, 8am and 4:30pm

Second bus: 1st & 3rd Tuesdays: Day trips to San Luis Obispo

2nd Tuesday: Paso Robles and Templeton - Medical appointments take priority seating - All drivers are community volunteers

Ride-On (UCP) (805) 541-8747

Door-to-door, discounted rides for seniors, veterans, developmentally disabled

CCHD Healthcare Resource Directory

Transportation Cont...

Senior Go (805) 473-3333

Door-to-door or curb-to-curb transportation for seniors, 65+, in San Luis Obispo County

Monday-Friday 7 AM to 5:00 PM • Saturday 10:00 AM to 3:00 PM

Rides are priced based on travel distance, ranging from \$2.50 to \$10.00 each way - Rides should be booked 2-3 business days in advance, and up to two weeks in advance - Limited to 4 round trips within each month

Veterans Support

Homeless Services, Veterans Support (805) 781-3993

SLO County Veterans Services (805) 781-5766

Benefits, claims, pension, outreach, survivor info, rehabilitation, college tuition, disabilities

www.slocounty.ca.gov/Departments/Veterans-Services

Supportive Services for Veteran Families Program (CAPSLO)

(805) 237-0352

Provides a range of supportive services to address barriers to stable housing for low-income Veterans and those at risk of becoming homeless





Personal Info

Quick access to your medical contact information

Emergency Contact: _____

Phone Number: _____

My Primary Care Doctor: _____

Phone Number: _____

My Dentist: _____

Phone Number: _____

Other Medical Specialist: _____

Phone Number: _____

Vial of Life

Vial of Life is a way to have your medical information on hand for emergency medical personnel



Our emergency personnel are trained to look on the patient's refrigerator door for a Vial of Life decal.

Get your own Vial of Life form or decal at www.vialoflife.com

Thank You

Thank you for taking the time to read through your community healthcare resource guide. Our mission at CCHD is to improve the health of local residents and visitors by providing emergency services, advocating for access to care, and promoting wellness. Be well!

-Cambria Community Healthcare District Staff



Guide Provided By

Your Cambria Community Healthcare District (805) 927-8304
2511 Main St., Suite A Cambria, CA 93428 • www.cambria-healthcare.org

The Cambria Community Healthcare District is a public tax and fee supported Special Services District. It operates an Advanced Life Support ambulance service and provides community health education, encompassing 310 square miles that include the villages of Cambria and San Simeon, rural agriculture, and coastal wilderness. Administrative and financial oversight is provided by a locally elected 5-member Board of Directors.

Copies of this publication can be found by visiting our website www.cambria-healthcare.org or at the CCHD office located at 2511 Main St., Suite A, Cambria, CA 93428



What Others Are Saying

//

We thank you from the bottom of our heart for your quick response.

//

Our family wanted to express our extreme gratitude to your team in the aid & rescue of our son, during his seizure. Not only did you help save him, but you helped our entire high strung, scared family to stay calm in the situation! You all do amazing work.