

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

Twin Cities
1100 Las Tablas Rd
Templeton
434-3500
Physician Referral
800-343-7099
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

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
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

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

800-834-3346
FAX-781-1103

Hospice
1304 Pacific
San Luis Obispo
544-2266
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

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