

### Welcome

# Friends of Webster

Please **sign in** and grab a seat. Share items go on the tables by the sign in computer- We'll wait to "shop" until the end of the meeting.







## Introductions

Introduce yourself however you'd like. What have you done this month to practice self care?









02.

## Community Forum

Agenda items from our friends

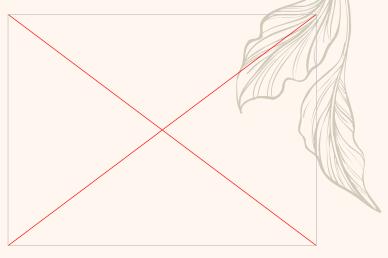






ech &

Update on logo from Signtech & information about screen printing for t-shirts



# Communication App





Update on a social media platform.













### Updates from Alan at MLK



## Care Options: Residential Placement

Alzheimer's



Whether you're looking at placement options now or planning ahead, learn about the **different types of residential settings**, what they cost, and how to choose what's best for your situation.

#### FREE & open to the community!

For more information or to pre-register visit alzsd.org/classes or call (858) 492-4400.



Wednesday, August 6, 2025

10 - 11:30 AM

Valencia Park / Malcolm X Library

> 5148 Market St, San Diego, CA 92114 (619) 527-3405

#### Sign up:





SAlzheimer's SAN DIEGO

#### **Coping with Caregiving**

Coping with Caregiving is a free program offered by Alzheimer's San Diego. The series is appropriate for caregivers living in San Diego County who are caring for someone with **dementia** at home - and ideal for those experiencing high levels of stress or burnout due to the level of care their person requires.

This evidence-informed **5-week program** provides education about dementia while simultaneously teaching valuable caregiver coping techniques. It's available throughout the year, virtually or in-person, in English and Spanish.

Some of the topics that are discussed:

- · Dementia and its unique stages
- · Strategies for managing and providing care
- · Strategies for managing stress
- . Creating a plan for the future
- · Sharing and talking with others in similar situations

To learn more about this series, contact us at 858-492-4400 or info@alzsd.org. A brief screening is required.





This project is supported by growt number \$900,000 to 00 feet the LL Administrator for Community Living, Department of health and Austria Service, Waldington, E.C. 2020. Understanding projects under provincing provincing under the provincing projects under provincing provincing under the provincing projects under provincing provincing under the provincing provincing under the provincing unde

Learn more about our free services at alzsd.org or call us at 858.492.4400.



### Updates from Alan at MLK







#### August 2025 TECH ON THE GO SCHEDULE

Our Tech on the Go program supports San Diegans who need IT assistance and is made possible through the support and sponsorship of the City of San Diego.

- Offers free basic computer skills classes.
- Provides free basic tech support (questions/how-tos).
- · Promotes affordable devices through our Low-Cost Computer Program.
- · Partners with workforce development partners to create tech skills training.

Class Structure					
Our classes can help teach you how					
to be confident with your devices.					
Our structure is as follows:					

HOUR 1: Class discussion Q&A for basic

HOUR 2: on monthly topic tech questions



Valencia Park/Malcolm X Library		Park de la Cruz Recreation Center					
5148 Market St. Thursdays   10 am - 12 pm			<b>3901 Landis St.</b> Mondays   9:30 am - 11:30 am				
17	Network Safety I: Home Network and Internet	8/4	Social Media Safety Basics				
/14	Network Safety II: Internet Safety	8/11	Social Media Privacy Tips				
/21	Network Safety III: Public Wi-Fi safety	8/18	Social Media Phishing				
100	NI LOCLEUCT OF L						

0r20	Network Salety IV. The Cloud	0/20	rexing and Cyberbullying
	Skyline Hills Library		Sherman Heights Community Center*
	7900 Paradise Valley Rd.		2258 Island Ave.
	Saturdays   10 am - 12 pm		Tuesdays   10 am - 12 pm
	Community Topic		Network Safety
8/2	Smart Home Technology	8/5	Network Safety I: Home Network and Internet
8/9	Assistive Technology	8/12	Network Safety II: Internet Safety
8/16	Al (Artificial Intelligence) Technology	8/19	Network Safety III: Public Wi-Fi safety
8/23	The Future of Technology	8/26	Network Safety IV: The Cloud
8/30	Open Office Hours		
	Otay Mesa-Nestor Library *		The San Diego LGBT Community Center
	3003 Coronado Ave.		3909 Centre St.
	Fridays   10 am - 12 pm		Mondays   4 pm - 6 pm
	Social Media Safety		Smartphone Basics
8/1	Social Media Safety Basics	8/4	Smartphone I - Navigating Phone and Settings
8/8	Social Media Privacy Tips	8/11	Smartphone II - Contact and Block People
8/15	Social Media Phishing	8/18	Smartphone III - Taking Photos
8/22	Texting and Cyberbullying	8/25	Smartphone IV - Apps
8/29	Open Office Hours		

\*Class discussion in Spanish; Q&A is offered in Spanish and English







#### **NEIGHBORHOOD ROLL CALL**



#### Free Community Event

Join Southeast San Diego Police Department and Platicando Con Mi Gente for 2025 National Night Out at Gompers Park

4926 Hilltop Drive, San Diego, CA 92102 (corner of Hilltop and Carolina)

Tuesday, August 5, 2025 From 4:00pm to 7:30PM

Contact: Emilia Castillo, Platicando Con Mi Gente WhatsApp (619) 480-3768 E-mail PlaticandoConMiGente@gmail.com





## New Project Ideas

...and ones we don't want to forget about.





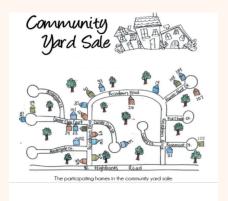


03.

## Webster Updates







## Webster Updates

#### Yard Sale





### **Dumpster Day**



### City Heights Farmers Market







Saturdays 9:00-1:00 Wightman Street across from City Heights Library







## Roundtable



Next Meeting: Thursday August 28, 2025 Location: TBD (possibly Webster Elementary)







## Swap Time!

Everything on the swap tables is up for grabs. If you didn't bring anything, no problem! Whatever is here wants a new home.







### **End of Slides**

Goodnight











### Contents of this template

You can delete this slide when you're done editing the presentation

<u>Fonts</u>	To view this template correctly in PowerPoint, download and install the fonts we used
<u>Used</u> and <u>alternative resources</u>	An assortment of graphic resources that are suitable for use in this presentation
Thanks slide	You must keep it so that proper credits for our design are given
Colors	All the colors used in this presentation
<u>Icons</u> and <u>infographic resources</u>	These can be used in the template, and their size and color can be edited
Editable presentation theme	You can edit the master slides easily. For more info. click <b>here</b>

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## Table of contents



**O1.**Objectives

You can describe the topic of the section here

**O3.** Results analysis

You can describe the topic of the section here

**O2.** Methodology

You can describe the topic of the section here

**O4.** Conclusions

You can describe the topic of the section here



### Table of contents

**O1.** Objectives

You can describe the topic of the section here

**O2.** Methodology

You can describe the topic of the section here



## **O3.** Results analysis

You can describe the topic of the section here







## Study objectives



#### Mercury

It's the closest planet to the Sun and the smallest one of them all



#### Venus

Venus has a beautiful name and is the second planet from the Sun



#### Mars

Despite being red, Mars is actually a cold place. It's full of iron oxide dust



## Study objectives



#### Mercury

It's the closest planet to the Sun and the smallest one of them all

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Despite being red, Mars is actually a cold place. It's full of iron oxide dust









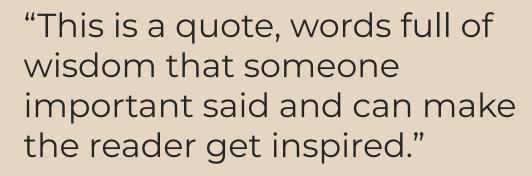
"This is a quote, words full of wisdom that someone important said and can make the reader get inspired."



—Someone Famous















## The most common motifs

- Strawberries
- Mushrooms
- Flowers
- Gardens
- Books
- Green foliage









## An image reinforces the concept

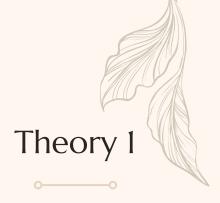
Images reveal large amounts of data, so remember: use an image instead of a long text. Your audience will appreciate it

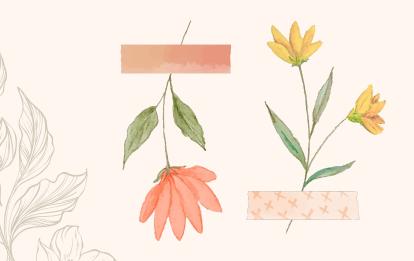






#### Literature review





Mercury is the closest planet to the Sun and the smallest one of them all—it's only a bit larger than the Moon

#### Theory 2

Venus has a beautiful name and is the second planet from the Sun. It's hot and has a poisonous atmosphere









			Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	DI 1	Task 1								
	Phase 1 Phase 2	Task 2								
		Task 1								
1/" // "//		Task 2								
	A 7// ///									



### Schedule

Month: April

Week:

3



Year:

#### To do

#### Done

Monday	Your task
Tuesday	Your task
Wednesday	Your task
Thursday	Your task
Friday	Your task

Write the status of your tasks here

Write the status of your tasks here



### Goals



## Notes:

- Write your notes here

## To do:

- Write your tasks here

Monday:

Write the important tasks of the day here

Tuesday:

Write the important tasks of the day here

Wednesday:

Write the important tasks of the day here

Thursday:

Write the important tasks of the day here

Friday:

Write the important tasks of the day here







## Try with four columns

#### Venus

Venus is the second planet from the Sun

#### Jupiter

It's the biggest planet in the Solar System



Despite being red, Mars is a cold place

#### Saturn

Saturn is a gas giant and has several rings





## Try with four columns

#### Venus

Venus is the second planet from the Sun

#### Mars

Despite being red, Mars is a cold place

#### Jupiter

It's the biggest planet in the Solar System

#### Saturn

Saturn is a gas giant and has several rings



















## Methodology

01.

Analysis

Earth is where we all live on

Comparison

Mars is actually a cold place

Research

Saturn is a gas giant with rings **O2**.

Data study

Neptune is far away from us 04.





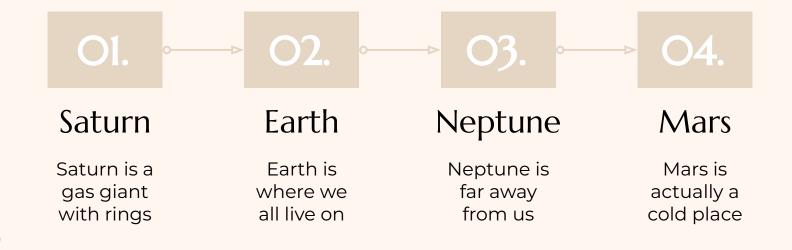






# Methodology





# Methodology





#### Earth

Earth is where we all live on

#### Neptune

Neptune is far away from us

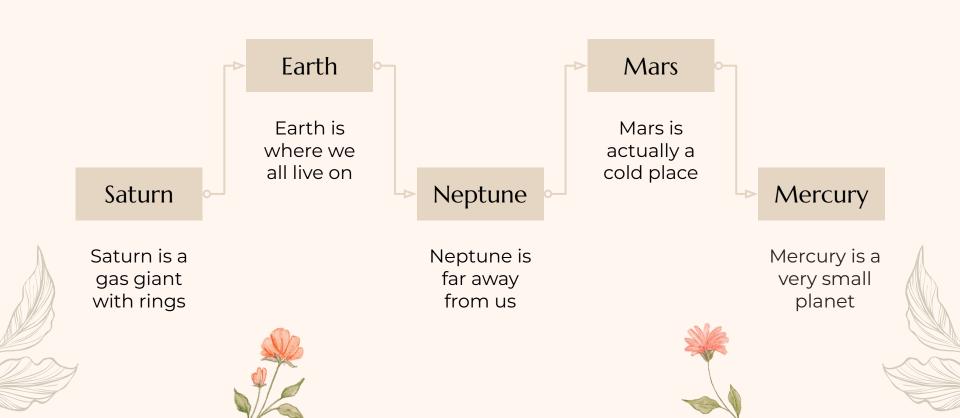
#### Saturn

Saturn is a gas giant with rings

#### Mars

Mars is actually a cold place

# Methodology





# Table

	2021	2022	2023
Characteristic 1	Characteristic	Characteristic	Characteristic
Characteristic 2	Characteristic	Characteristic	Characteristic
Characteristic 3	Characteristic	Characteristic	Characteristic
Characteristic 4	Characteristic	Characteristic	Characteristic

### Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Venus is the second planet from the Sun



Despite being red, Mars is a cold place



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Project	Project	Study	Study	Exam	Day off	Day off
Week 2	Study	Meeting	Exam	Project	Project	Day off	Day off
Week 3	Meeting	Project	Study	Study	Project	Day off	Day off
Week 4	Study	Study	Exam	Project	Project	Day off	Day off
Week 5	Study	Study	Project	Meeting	Project	Day off	Day off

#### To do

- Write your checklist
- Write your checklist

#### Notes

- Write your own notes
- Write your own notes



Task 1 Task 2 Task 3

80%

Mars

Despite being red, Mars is a cold place

Venus

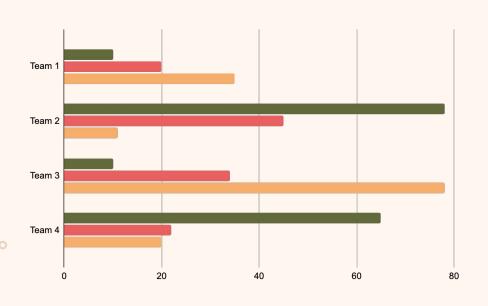
5,000

Leads this month

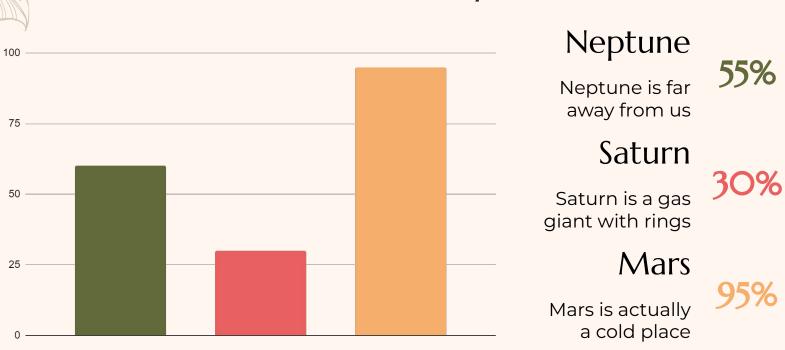
Ceres

100

Leads this month



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Follow the link in the graph to modify its data and then paste the new one here. For more info, click here



#### Neptune

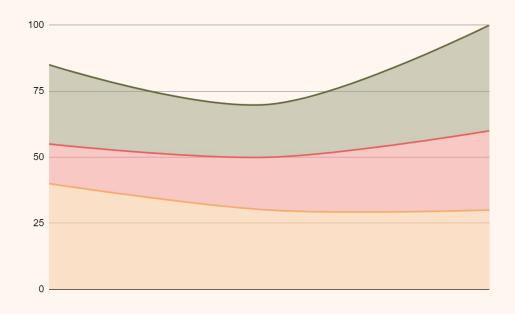
Neptune is far away from us

#### Saturn

Saturn is a gas giant with rings

#### Mars

Mars is actually a cold place



Follow the link in the graph to modify its data and then paste the new one here. For more info, click here













#### Saturn

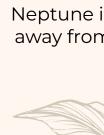
Earth is where we all live on

Earth

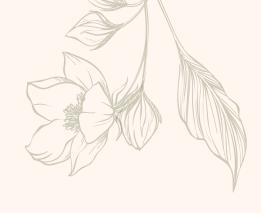
#### Neptune

Neptune is far away from us

Saturn is a gas giant with rings









Saturn

Saturn is the ringed planet

75%

Earth

Earth is where we all live on

30%

Neptune

Neptune is far away from us

50%

Mars

Mars is full of iron oxide dust



# 9h 55m 23s

Jupiter's rotation period

333,000

The Sun's mass compared to Earth's



# 386,000 km

Distance between Earth and the Moon











# 9h 55m 23s

Jupiter's rotation period



The Sun's mass compared to Earth's

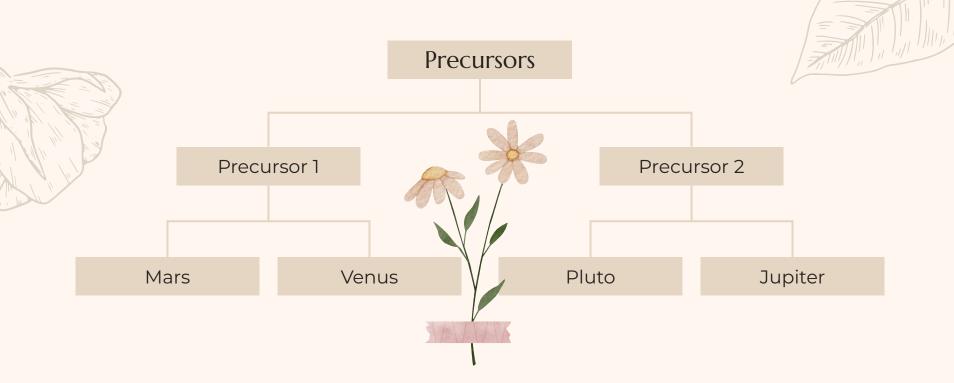








# History diagram



# History diagram



#### History

#### Mercury

Mercury is the closest planet to the Sun

#### Moon Jupiter

The Moon is Earth's Jupiter doesn't have Saturn is a gas giant a solid surface

#### Mars

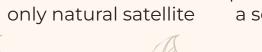
Despite being red, Mars is a cold place

#### Saturn

with several rings

Neptune

It's the farthest planet from the Sun



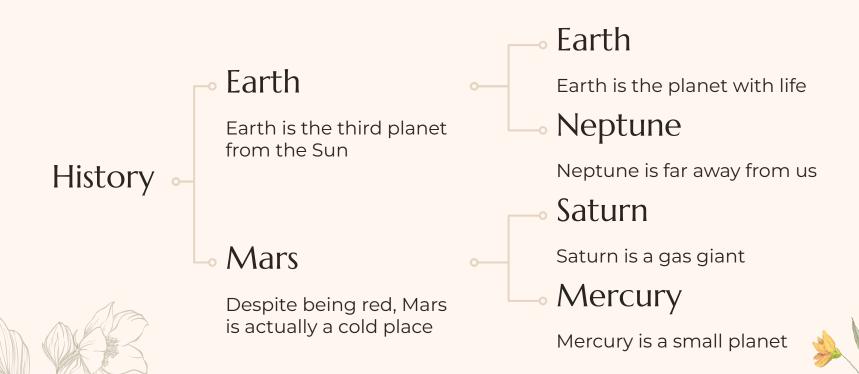








# History diagram



# Me

## Maybe you need six columns

Mercury

Mercury is the closest planet to the Sun

#### Jupiter

Jupiter is the biggest planet of them all

#### Venus

Venus is the second planet from the Sun

#### Saturn

It's composed of hydrogen and helium

#### Mars

Mars is actually a very cold place

#### Neptune

It's the farthest planet from the Sun





# Maybe you need five columns



O1

Mercury

Mercury is the closest planet to the Sun

 $\mathcal{I}$ 

Venus

Venus is the second planet from the Sun

03

Mars

Mars is actually a very cold place

04

Jupiter

Jupiter is the biggest planet of them all

05

Saturn

It's composed of hydrogen and helium





# Tablet app

You can replace the image on the screen with your own work. Just right-click on it and select "Replace image"















# Desktop mockup

You can replace the image on the screen with your own work. Just right-click on it and select "Replace image"





#### Conclusions



01.

Saturn is composed mostly of hydrogen and helium. It was named after the Roman god of wealth and agriculture



02.

Jupiter is a gas giant and the biggest planet in the Solar System. It's the fourth-brightest object in the night sky



# My team



Anna James

You can replace the image on the screen with your own



John Doe

You can replace the image on the screen with your own





# This is a map

#### Venus

Venus has a beautiful name and is the second planet from the Sun

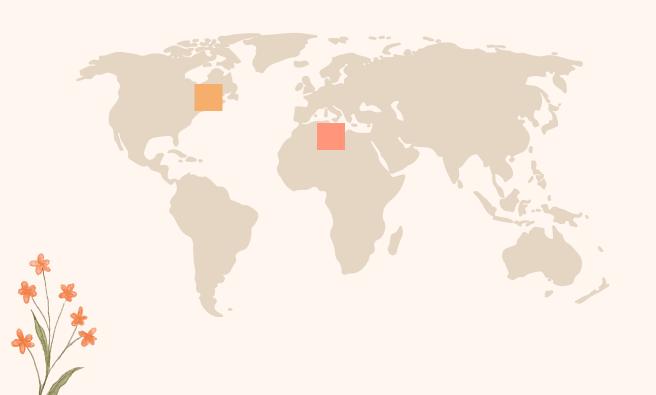
#### Jupiter

Jupiter is a gas giant and the biggest planet in the Solar System

#### Neptune

It's the fourth-largest planet by diameter in the Solar System

# This is a map



#### Saturn

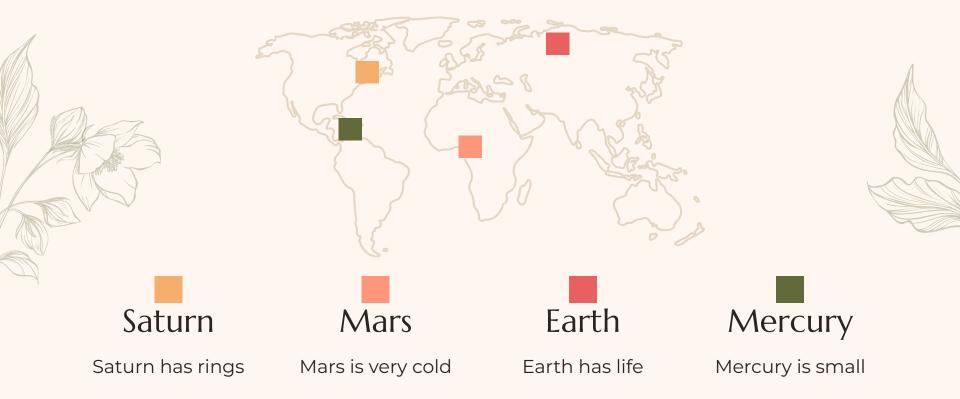
Saturn is a gas giant and has rings

#### Neptune

It's the farthest planet from the Sun



# This is a map











# Awesome words



# Bibliographical references

- AUTHOR (YEAR). Title of the publication. Publisher





#### Context

Do you know what helps you make your point clear? Lists like this one:

- Because they're simple
- You can organize your ideas clearly
- And because you'll never forget to buy milk!

And the most important thing: the audience won't miss the point of your presentation



# Do you need longer text?



Mercury is the closest planet to the Sun and the smallest one in the entire Solar System. This planet's name has nothing to do with the liquid metal, since Mercury was named after the Roman messenger god. Despite being closer to the Sun than Venus, its temperatures aren't as terribly hot as that planet's. Its surface is quite similar to that of Earth's Moon, which means there are a lot of craters and plains

Speaking of craters, many of them were named after artists or authors who made significant contributions to their respective fields. Mercury takes a little more than 58 days to complete its rotation, so try to imagine how long days must be there! Since the temperatures are so extreme, albeit not as extreme as in Venus, and the solar radiation is so high, Mercury has been deemed to be non-habitable for humans







# Do you need longer text?

Mercury is the closest planet to the Sun and the smallest one in the entire Solar System. This planet's name has nothing to do with the liquid metal, since Mercury was named after the Roman messenger god.

Despite being closer to the Sun than Venus, its temperatures aren't as terribly hot as that planet's. Its surface is quite similar to that of Earth's Moon, which means there are a lot of craters and plains. Speaking of craters, many of them were named after artists or authors who made significant contributions to their respective fields. Mercury takes a little more than 58 days to complete its rotation, so try to imagine how long days must be there! Mercury has extremely temperatures, but Venus is hotter







# Thanks!



Do you have any questions?

youremail@freepik.com +91 620 421 838 yourwebsite.com











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# Icon pack







































































































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#### Alternative resources

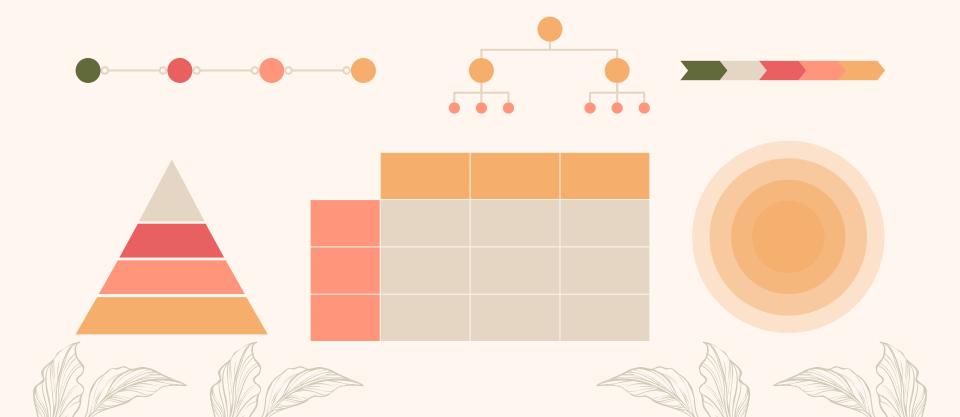
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- Watercolor washi tape collection I
- Hand painted flower collection II
- Hand painted watercolor flower collection





## Alternative resources





## Resources

Did you like the resources on this template? Get them for free at our other websites:

#### Vectors

- Watercolor washi tape collection
- Hand drawn pressed flowers pattern
- Hand painted watercolor flower collection I
- Hand painted watercolor flower collection II
- Hand painted watercolor flower collection III
- Hand painted watercolor flower collection IV
- Hand painted watercolor flower collection V

#### Photos

- Hand holding natural flowers
- Flowers between book pages
- Home exterior with garden and wooden wheel
- Wooden wheel with books on spokes







Did you like the resources on this template? Get them for free at our other websites:

#### Photos

- Delicate flower photo
- Top view hand with flower petals
- People building their own dried arrangement I
- People building their own dried arrangement II

#### Vectors

- Floral background
- Watercolor washi tape collection I
- Hand painted flower collection II
- Hand painted watercolor flower collection

#### **Icons**

• Icon Pack: Education | Flat



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**Montserrat** 

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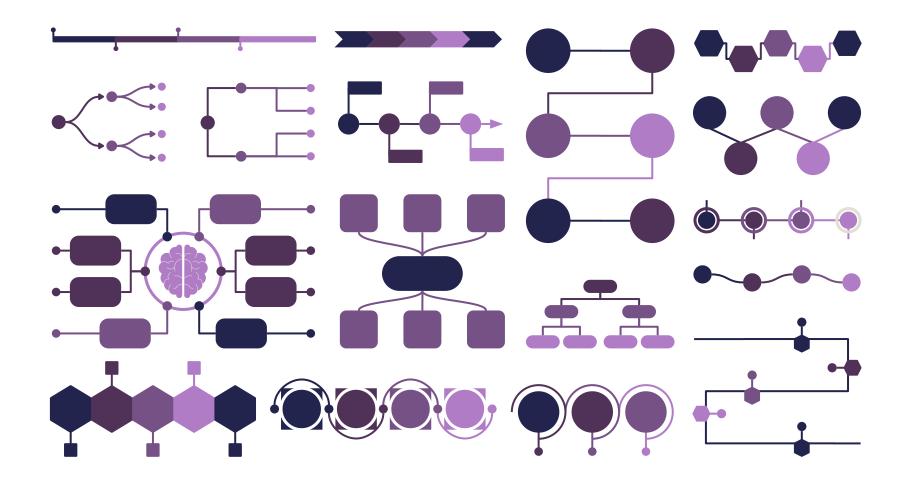
All the colors used in this presentation

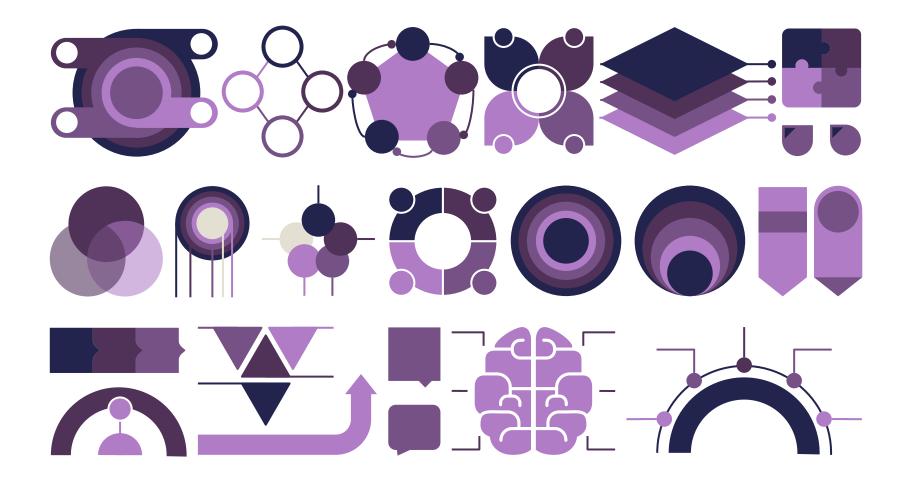


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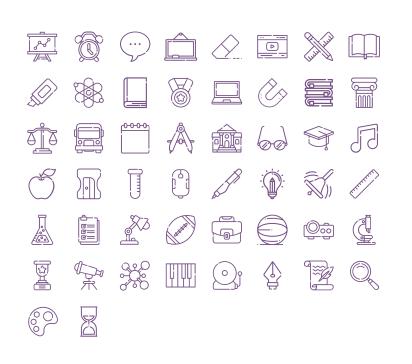
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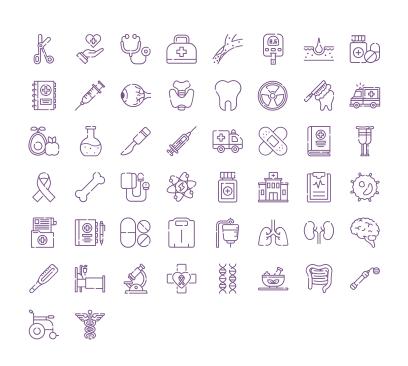
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### **Educational icons**

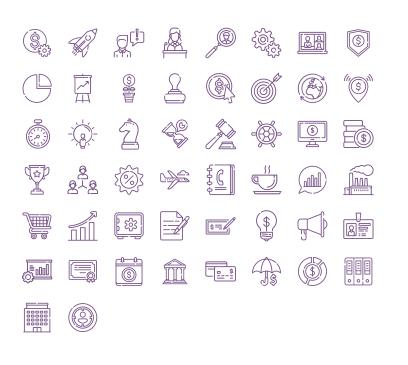
### **Medical icons**





### **Business icons**

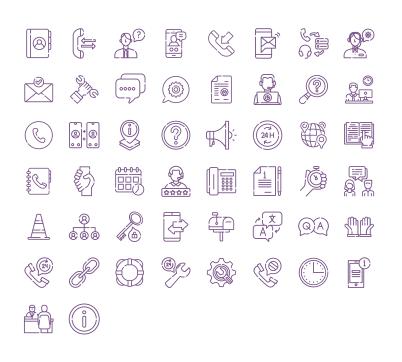
### **Teamwork icons**





# Help & support icons

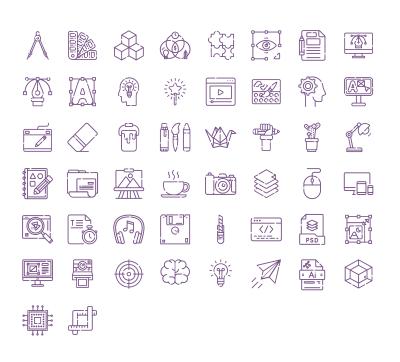
## **Avatar icons**

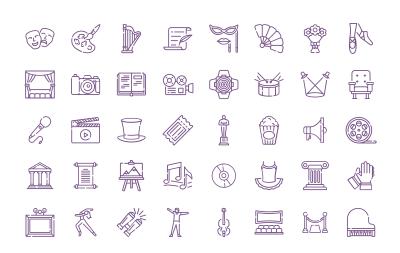




## **Creative process icons**

# Performing arts icons





### **Nature icons**



## **SEO & marketing icons**

