

Family Matters

Spring 2021

Online Grocery Shopping

Ordering groceries online is all the craze in 2020. Learn how to set up an account and use your smartphone or computer to order your groceries online to pick up or be delivered to your home.



Keyword: Grocery

May 26	W	5:30-7:30 p.m.	\$19
Hebron, HNLC, 101		AREA-5058-HNUA	
LIVE Online, Zoom		AREA-5058-TCUA	



Welcome to Medicare

Medicare can be a complicated topic. Worst yet, there is a lot of misinformation that can lead to decisions that may result in penalty and a delay of benefits. In order to avoid mistakes you are invited to learn about the basics of Medicare and what you need to consider when you are approaching Medicare eligibility.

Welcome to Medicare will provide you with comprehensive information about Medicare and addresses these questions: What does Medicare cost and cover? When should I enroll in Medicare and what rules do I need to know? What is the difference between Medicare with a supplement versus Medicare Advantage?

You are invited to attend Welcome to Medicare to learn the answers to these questions and more. Welcome to Medicare is provided by Nebraska SHIP a member of the national SHIP network and a division of the Nebraska Department of Insurance.

Nebraska SHIP will cover the cost. **To register for in-person or webinar presentations, please visit www.doi.ne.gov/ship.** For questions, please call 402-471-2841.

In-person presentations are available on:

June 15	T	5:30-7 p.m.	Hebron, HNLC, 101
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Webinar presentation is available on:

May 11	T	6 p.m.
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May 18	T	6 p.m.
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Location Key

Hebron, HNLC.....Learning Center at Hebron, 610 Jefferson Ave.

NEW! Navigating Medicare.gov

Medicare drug coverage is confusing. Each year Medicare drug plans can make changes to the cost and coverage you can receive. Knowing how to pick the right plan to meet your needs is important to ensure you get the best coverage at the lowest cost. Navigating Medicare.gov will arm you with the knowledge to navigate Medicare's plan finder tool to make an informed decision.

Navigating Medicare.gov will provide you a step-by-step guide to using Medicare.gov to address these questions: How much will my prescriptions cost? Which Medicare drug plan will cover my prescriptions? Where can I get the best prices for my prescriptions?

You are invited to attend Navigating Medicare.gov to learn the answers to these questions and view a demonstration of how to use the plan finder tool on Medicare.gov.

Navigating Medicare.gov is provided by Nebraska SHIP a member of the national SHIP network and a division of the Nebraska Department of Insurance. **To register for in-person or webinar presentations, please visit www.doi.ne.gov/ship.** For questions, please call 402-471-2841.

In-person presentations are available on:

June 22	T	5:30-7 p.m.	Hebron, HNLC, 101
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Webinar presentation is available on:

May 18	T	6 p.m.
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Understanding Learning Styles & Tools for a Successful Student



Understanding your child's learning style and supporting them on how to use learning strategies is just as important as purchasing their school supplies. You will learn about different learning styles along with strategies and tools to effectively tailor the student's instruction and study habits.

You will complete an initial learning style assessment to be used for the session.

Keyword: Learning

April 21	W	6-8 p.m.	\$19
LIVE Online, Zoom	Homes	AREA-5059-TCSB	



For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home. Look for the LIVE Online logo shown to the left to find these classes. As our learning environment changes, we look forward to offering additional classes live online.

Have an idea for a class that could be offered live online? Please submit your idea at <https://bit.ly/scceonlinecourses>.

For more information, contact **Crystal Fangmeier** at 800-828-0072, ext. 5591, or cfangmeier@southeast.edu

Check out all classes offered at www.southeast.edu/HebronLC
Find us on Facebook at www.facebook.com/SCCLearningCenteratHebron

From Theory to Discovery: Breaking Down Your Brick Wall with Timelines

Use a timeline in your genealogical research to reveal gaps in your research. Learn how to build a theory, pinpoint research questions, and focus your family history search to find answers in unexpected places.



Keyword: Discovery

April 27 LIVE Online, Zoom	T Callahan	6:30-8:30 p.m. AREA-5052-TCSB	\$25
June 15 LIVE Online, Zoom	T Callahan	6:30-8:30 p.m. AREA-5052-TCUA	\$25

Intermediate Genealogy

Have you watched Finding Your Roots and wondered about your own family stories? This is the best time to trace your family tree. Bring what you know about your family to the first class and learn the basics. Discover how to organize, where to look for clues and how to find good information.



Keyword: Genealogy

May 17-24 LIVE Online, Zoom	M Stewart	6:30-8:30 p.m. LLLX-0938-TCSB	\$39
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DNA Tells a Story

Whether you've taken a DNA test or are considering one, DNA can help you with your genealogy when the paper trail ends. Learn more about how genetic genealogy can enhance traditional research methods, solve family mysteries and take you on the next steps in your genealogical journey. When a lack of records or uncertainty about ancestral lineage has you stumped, DNA always tells the truth. DNA testing is the tool that belongs in every genealogist's toolkit.



Keyword: DNA

May 1 LIVE Online, Zoom	S Callahan	10 a.m.-Noon AREA-6361-TCSB	\$19
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For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home. Look for the LIVE Online logo shown to the left to find these classes. As our learning environment changes, we look forward to offering additional classes live online.

Have an idea for a class that could be offered live online? Please submit your idea at <https://bit.ly/scceonlinecourses>.

For more information, contact **Crystal Fangmeier** at 800-828-0072, ext. 5591, or cfangmeier@southeast.edu




www.ed2go.com/scce

BROWSE COURSES IN

Accounting and Finance
Business
College Readiness
Computer Applications
Design and Composition
Health Care and Medical

Language and Arts
Law and Legal
Personal Development
Teaching and Education
Technology
Writing and Publishing



Co-Parenting: Working Together for Your Children (Online)

This workshop meets the requirements of the Nebraska Parenting Act. Topics include stages of adjustment to parental separation/divorce for parents and children, conflict resolution, stress management and other co-parenting issues. This course is delivered entirely online and facilitated by SCC faculty and takes a minimum of three hours to complete.

Students will need:

- Computer with high speed internet connection
- Speaker/sound capability
- Working knowledge of computer and internet experience

NOTE: Firefox or Chrome browser recommended. You cannot access the course using an iPad or Droid tablet.

Sliding fee/waiver not available. There is a six-hour waiting period between online registration for the class and class access.

\$49 per-person.

For registration and log-in instructions for the online class, go to www.southeast.edu/Continuing/CoParenting

Level 2 Co-Parenting: Working Together for Your Children



This workshop has been developed and approved by the Supreme Court office of Dispute Resolution, on behalf of the State Court Administrator, to educate parties about the impact of pending court action on children. Included in this course are the following topic areas that meet the requirements of the *Nebraska Parenting Act (LB554): safety and transition plans, impact of unresolved parental conflict on the child, effective communication skills, and resources and referral information.

Preregistration is required. All students will be required to show photo ID at class check-in. Written completion letter will be mailed (U.S. postal service) to student at the successful completion of the course. It will be mailed to the address on the student's registration information.

* Separate classes provided for men and women.

Keyword: Parenting

Men

April 17 LIVE Online, Zoom	S	Arranged LLLX-2401-TCSB	\$69
May 15 LIVE Online, Zoom	S	Arranged LLLX-2401-TCSE	\$69
June 19 LIVE Online, Zoom	S	Arranged LLLX-2401-TCUF	\$69

Women

May 8 LIVE Online, Zoom	S	Arranged LLLX-2401-TCSQ	\$69
June 12 LIVE Online, Zoom	S	Arranged LLLX-2401-TCUR	\$69



<http://bit.ly/SCC-UGotClass>

BROWSE CERTIFICATES & COURSES IN

Business
Business Communication
Health
Human Resources
Leadership
LEED Green Workplace Management

New Media Marketing
Personal Development
Social Media for Business
Technology Skills
Training and Education
Training for K12 Teachers



REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- Search for your class** by entering a **key word** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)
Key Word Example: *Driver*
Course Number Example: *TRAN-3398*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- If you want to register for additional classes, select **Search for more classes** under "Choose one of the following." If you are finished selecting the class(es) for which you want to register, select **Register now (check out)**. Select your **Payment Type**. Click **Submit**.
- Enter your **payment information**. Click **Submit**.

You will see your **class acknowledgement** with information about your **SCC Student ID Number, SCC User ID** and **password**. You also will receive an email with this same information for your records.

In the future it will be easy to register by logging in using your SCC User ID and password and it will not be necessary to provide your Social Security number again.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.

* The College requires a student's Social Security number as a condition for enrollment online. A student's Social Security number information constitutes an "educational record" under FERPA.

OR REGISTER BY MAIL, FAX OR IN PERSON



Registration Form - Non-Credit Course

Today's Date

Complete this form with payment information and send via mail to Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510 OR FAX to 402-437-2703

PLEASE PRINT

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit www.southeast.edu/collegecatalog for additional information.

Social Security Number OR SCC Student ID Number		Birth Date	Name: Last		First	Middle Initial
Residence Mailing Address			City	State	Zip	County #
Email Address			Cell Phone	<input type="checkbox"/> Home <input type="checkbox"/> Business Phone		
I identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Nebraska Resident <input type="checkbox"/> Non-Resident	Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino		Race (Select one or more): <input type="checkbox"/> White <input type="checkbox"/> Asian <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Black/African-American		

COURSE NUMBER	TITLE	START DATE	COST
-	-	-	\$
-	-	-	\$
-	-	-	\$
-	-	-	\$

SIGNATURE

Check Cash Mastercard AMEX Discover VISA V Code _____

Name as it appears on card: _____

Exp. Date _____ CC # _____

Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you?
 Yes No

SCC Staff Tuition Waiver ()

TOTAL DUE

FOR OFFICE USE ONLY

ID# _____

DE _____

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. It is the policy of SCC to provide equal opportunity and nondiscrimination in all admission, attendance, and employment matters to all persons without regard to race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Inquiries concerning the application of SCC's policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Diversity, SCC Area Office, 301 S. 68th St. Place, Lincoln, NE 68510, or jsoto@southeast.edu.

301 S. 68th St. Place, Lincoln, NE 68510
402-437-2700 • 800-828-0072 • FAX 402-437-2703
www.southeast.edu/continuing

