Welcome to Medicare
Medicare can be a complicated topic. Worse 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. You will be provided comprehensive information about Medicare and address 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?

Navigating Medicare.gov will cover the cost of this course. 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: | | | |
| Aug. 24 | T | 5:30-7:30 p.m. | Wahoo, WHLC, 101 |
| Sept. 29 | W | 5:30-7:30 p.m. | Wahoo, WHLC, 101 |

Webinar presentation is available on:

| Aug. 18 | W | 6 p.m. |
| Sept. 20 | M | 6 p.m. |
| Oct. 19 | T | 6 p.m. |

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. You will be provided 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?

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.

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Just Another Manic Monday: Your Guide to Navigating Employment
While everything feels more challenging since the COVID-19 pandemic, searching for a job seems especially daunting. But you can succeed despite uncertainty in the economy and current job market by staying positive, proactive and focused on proven strategies. We will review websites, networking strategies, resume, and interview basics.

| Keyword: Employment |
| Aug. 12 | Th | 6-8 p.m. | AREA-6681-TCUWA |

How to Tame Your (Unruly) Dragon: Learning to Use Coping Skills to Manage & Regulate Your Emotions
Some days we all feel like a dragon. Yes, a genuine fire-breathing, killing machine. But that’s OK so long as you know how to put yourself back on a leash. The different types of coping skills will be explored along with their triggers. Management strategies, techniques and tools will be presented and discussed.

| Keyword: Learning |
| Sept. 16 | Th | 6-8 p.m. | AREA-6680-TCFWA |

Blogging for Beginners
Whether for personal projects, small-business or corporate branding, blogging is a hot trend. Get a foundational understanding of the major platforms, how to build an audience and best practices to kick-start your new adventure with grade-A content. Tag on some social sharing tips and you will be ready to hit the ground blogging.

| Keyword: Blogging |
| July 15 | Th | 6-9 p.m. | AREA-0743-TCFWB |

Speechcraft
Develop your public speaking ability and gain experience, knowledge, and poise in making presentations. Learn communication skills, including written speeches, impromptu speaking, the use of body language, and effective listening.

Co-sponsored and taught by local Toastmasters International.

| Keyword: Speechcraft |
| Sept. 10-Oct. 15 | F | 7-7:50 a.m. | BBEX-1985-TCFBA |

Location Key
Wahoo, WHLC ........................ Learning Center at Wahoo, 536 N. Broadway St.
**LET’S DO LUNCH SERIES**

Spend your lunch hour learning something new! Check out this series featuring something for everyone!

**LDL: Book Club**
Grab your lunch and let’s talk books.

**Midnight Library by Matthew Haig**
June 22
LIVE Online, Zoom
T
Noon-1 p.m.
AREA-6665-TCUFA
$10

**The Invisible Life of Addie LaRue by V.E. Schwab**
July 20
LIVE Online, Zoom
T
Noon-1 p.m.
AREA-6665-TCUFB
$10

**Young Adult Series**
Aug. 3
LIVE Online, Zoom
T
Noon-1 p.m.
AREA-6665-TCUFD
$10

**Fall Favorites**
Sept. 22
LIVE Online, Zoom
W
Noon-1 p.m.
AREA-6665-TCFFB
$10

For more information, contact Diana Kerwin-Kubr at 800-828-0072, ext. 5581, or dkerwin-kubr@southeast.edu

**LDL: Basic Zoom**
Find out more about all the fun things you can do with Zoom!

**Aug. 11**
W
Noon-1 p.m.
AREA-6665-TCUFE
$10

**LDL: Starting a Small Business**
Have you had an idea for a small business but aren’t sure where to start? Visit with an expert and get a few tips and tricks.

**Sept. 15**
W
Noon-1 p.m.
AREA-6665-TCFFA
$10

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/sccceonlinecourses.

**Registration Form - Non-Credit Course**

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

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.

**For Office Use Only**

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Submission of this form indicates that I have read and understood the College procedures in the Student Handbook and College Catalog. The policy of SCC to provide equal opportunity and nondiscrimination in all admissions, 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/Inclusion, SCC Area Office, 301 S. 68th St. Place, Lincoln, NE 68510, or jkerwin-kubr@southeast.edu.
You must have an email account to register online.


2. **Search for your class** by entering either 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*

3. **Select the course** for which you wish to register. Click **Submit**.

4. Enter your **personal information, certify your identification** and click **Submit**.
   
   * You must provide your Social Security Number.

5. **Optional**: Enter your **Additional Registration Information** and click **Submit**.

6. 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**.

7. 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**. **Print** this page 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.

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**Southeast Community College**

CONTINUING EDUCATION

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

* The College requires a student’s Social Security number as a condition for enrollment. A student’s Social Security number information constitutes an “educational record” under FERPA.