Level 2 Co-Parenting: Working Together for Your Children

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.

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?

Nebraska SHIP 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:
- July 15, Th, 6-8 p.m., Lincoln, CEC, Aud
- Sept. 8, W, 6-8 p.m., Lincoln, CEC, Aud
- Oct. 7, Th, 6-8 p.m., Lincoln, CEC, Aud

Webinar presentation is available on:
- Aug. 18, W, 6 p.m.
- Sept. 20, M, 6 p.m.
- Oct. 19, T, 6 p.m.

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.

Location Key
Lincoln, CEC --------------------- Jack J. Huck Continuing Education Center,
301 S. 68th St. Place
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.

In-person presentations are available on:
- July 22: Th 6-8 p.m. Lincoln, CEC, Aud
- Sept. 15: W 6-8 p.m. Lincoln, CEC, Aud
- Oct. 14: Th 6-8 p.m. Lincoln, CEC, Aud

Webinar presentation is available on:
- Aug. 25: W 6 p.m.
- Sept. 27: M 6 p.m.

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. Find out 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.

DNA Tells a Story: Keyword: DNA
- July 14: W 10-11:30 a.m. $19
- Sept. 1: W 10-11:30 a.m. $19

Retirement Income Planning
This course equips retirees and pre-retirees with the tools necessary to navigate an uncertain landscape. Whether you’re already retired or thinking of retiring, learn how to plan your lifetime retirement income using one or many various income sources. This practical course will emphasize planning for your future in the midst of uncertain times. We’ll be learning lessons from history and discovering important aspects of our current financial climate.

Retirement Income Planning: Keyword: Retirement
- July 12: M 6-9 p.m. $39

Long Term Care Cost Planning
Learn about the differences among the type of long-term care such as assisted living, nursing home, home health, and hospice care. Discussion will include what each type of care encompasses and approximate cost. How do people pay for this care today? Learn about insurance options available in the market and strategies used to help pay for care costs. This class will enable you to assess your individual risk of care needs, make cost estimates, and how to plan today to ensure you can pay for the care into the future.

Long Term Care Cost Planning: Keyword: Care
- July 28: W 6-9 p.m. $39

For more information, contact us at 800-828-0072 or continuinged@southeast.edu

Check out all classes offered at www.southeast.edu/continuing
Find us on Facebook at www.facebook.com/SCCNebCE
### OR Register by Mail, Fax or In Person

#### 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.

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit [www.southeast.edu/collegenew](http://www.southeast.edu/collegenew) for additional information.

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Name as it appears on card: ____________________________________________

Exp. Date: __/____/______

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.

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit this form; 3) that I certify the information contained herein is correct as stated, and if any changes in S.S. number, address, residence, etc., must follow the College procedures in the Student Handbook and College Catalog. It is the policy of S.C.C. 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 origins, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Inquiries concerning the application of S.C.C.'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.

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

### Register Online

You must have an email account to register online.


2. 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

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.

* 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.