

Family Matters

Summer 2021



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



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. |

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 and stress management. Included in this course are the following topic areas that meet the requirements of the Nebraska Parenting Act (LB544): safety and transition plans, impact of unresolved parental conflict on the child, effective communication skills, and resources and referral information.

Preregistration is required. Registration deadline is Wednesday prior to class date. For more information or to register, email continuinged@southeast.edu or call 402-437-2700.

* Separate classes provided for men and women.



Keyword: Parenting

Men

| | | | |
|-------------------|---|-----------------|------|
| July 17 | S | 8:30-11:30 a.m. | \$69 |
| LIVE Online, Zoom | | LLLX-2401-TCUCG | |
| Aug. 21 | S | 8:30-11:30 a.m. | \$69 |
| LIVE Online, Zoom | | LLLX-2401-TCUCH | |
| Sept. 18 | S | 8:30-11:30 a.m. | \$69 |
| LIVE Online, Zoom | | LLLX-2401-TCFCI | |

Women

| | | | |
|-------------------|---|-----------------|------|
| July 10 | S | 8:30-11:30 a.m. | \$69 |
| LIVE Online, Zoom | | LLLX-2401-TCUCS | |
| Aug. 14 | S | 8:30-11:30 a.m. | \$69 |
| LIVE Online, Zoom | | LLLX-2401-TCUCT | |
| Sept. 11 | S | 8:30-11:30 a.m. | \$69 |
| LIVE Online, Zoom | | LLLX-2401-TCFCU | |



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>.

Location Key

Lincoln, CECJack 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.



Keyword: DNA

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|-------------------|----------|-----------------|------|
| July 14 | W | 10-11:30 a.m. | \$19 |
| LIVE Online, Zoom | Callahan | AREA-6361-TCUPA | |
| Sept. 1 | W | 10-11:30 a.m. | \$19 |
| LIVE Online, Zoom | Callahan | AREA-6361-TCFPB | |

Location Key

Lincoln, CECJack J. Huck Continuing Education Center, 301 S. 68th St. Place

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

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

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.



Keyword: Retirement

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|-------------------|--------|-----------------|------|
| July 12 | M | 6-9 p.m. | \$39 |
| LIVE Online, Zoom | Rauert | AREA-7125-TCUYA | |

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.



Keyword: Care

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|-------------------|--------|-----------------|------|
| July 28 | W | 6-9 p.m. | \$39 |
| LIVE Online, Zoom | Rauert | AREA-5084-TCUYA | |



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



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

BROWSE CERTIFICATES & COURSES IN

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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

Check out all classes offered at www.southeast.edu/continuing
 Find us on Facebook® at www.facebook.com/SCCNebCE

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.



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**. **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.

* 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"/> X (Gender variant/Non-binary) | | <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

