

Family Matters

Fall 2021



Here Comes Baby! How to Prepare

Make sure you buy this . . . make sure to have that . . . you really should have him in sleeves . . . is that a rash? So many things to buy and so much to learn. Get a head start on preparing for your upcoming child. Learn about basic care needs, from bathing to diaper changes to how to dress your infant for weather. We'll discuss those essential things to have ready before baby comes and prepare your home for the new family member.

Keyword: Baby

Oct. 4	M	6:30-9:30 p.m.	\$29
Falls City, FCLC, 102		AREA-5082-FCFA	

So, You're Having a Baby: A Complete Birth

What do you picture when you think about birth classes? Sitting on a yoga mat with your partner, practicing your breathing until you fall asleep? Uncomfortably intimate discussions about your perineum? Think again! This complete birth class covers all facets of having a baby, engaging new moms and dads through fun games, activities and on-point discussions. All mothers (and partners!) are welcome, whether planning for a natural, epidural or cesarean birth. Join us!

You will register as a couple and both will need to fill out a registration form.

Keyword: Baby

Oct. 23	S	9:30 a.m.-3:30 p.m.	\$74.50/couple
Falls City, FCLC, 102		AREA-5190-FCFA	

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:

Sept. 29	W	5:30-7 p.m.	Falls City, FCLC, 102
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Webinar presentation is available on:

Sept. 20	M	6 p.m.	
Oct. 19	T	6 p.m.	
Nov. 16	T	6 p.m.	
Dec. 15	W	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.

In-person presentations are available on:

Oct. 6	W	5:30-7 p.m.	Falls City, FCLC, 102
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Webinar presentation is available on:

Sept. 27	M	6 p.m.	
Oct. 26	T	6 p.m.	
Nov. 23	T	6 p.m.	
Dec. 15	W	6 p.m.	

Location Key

Falls City, FCLC..... Learning Center at Falls City, 3200 Bill Schock Blvd.

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

For more information, contact **Holly Carr** at 800-828-0072, ext. 3396, or hcarr@southeast.edu



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



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

Nov. 6	S	10 a.m.-Noon	\$29
LIVE Online, Zoom	Callahan	AREA-6361-TCFNA	

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 continuing@southeast.edu or call 402-437-2700.

* Separate classes provided for men and women.

Keyword: Parenting

Men

Sept. 18	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCFCI	
Oct. 16	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCFCJ	
Nov. 20	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCFCK	
Dec. 18	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCFCL	

Women

Sept. 11	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCFCU	
Oct. 9	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCFCV	
Nov. 13	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCFCW	
Dec. 11	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCFCX	

For more information, contact **Holly Carr** at 800-828-0072, ext. 3396, or hcarr@southeast.edu

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

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



Keyword: Discovery

Oct. 12	T	6:30-8:30 p.m.	\$29
LIVE Online, Zoom	Callahan	AREA-5052-TCFNA	
Nov. 3	W	10 a.m.-Noon	\$29
LIVE Online, Zoom	Callahan	AREA-5052-TCFPA	



www.ed2go.com/scnc

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



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/scnceonlinecourses>.

**Check out all classes offered at www.southeast.edu/FallsCityLC
Find us on Facebook at www.facebook.com/SCCLearningCenteratFallsCity**

For more information, contact **Holly Carr** at 800-828-0072, ext. 3396, or hcarr@southeast.edu

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

