Medicare Annual Enrollment
Every year Medicare Part D and Medicare Advantage plans can make changes. These changes may affect your premiums, copays, drug coverage, and/or health care benefits. Because of this, you are encouraged to compare your plan options during Medicare’s Open Enrollment, Oct. 15–Dec. 7, every year.

Nebraska State Health Insurance Program (SHIP) counselors are trained to provide confidential and unbiased one-on-one support to help you determine your plan options for 2022.

You may schedule your session with a SHIP counselor from Volunteers Assisting Seniors by calling 402-444-6617.

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, please visit www.doi.ne.gov/ship. For questions, please call 402-471-2841.

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, please visit www.doi.ne.gov/ship. For questions, please call 402-471-2841.

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.

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.

Location Key
Plattsmouth, PLLC.............. Learning Center at Plattsmouth, 537 Main St.

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.

For more information, contact Lyn Belitz at 800-828-0072, ext. 2298, or lbelitz@southeast.edu

Cancellation/Refund Policy: You must call the Continuing Education office at 402-471-2750 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 canceled 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.
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 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 (LBS544): 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.

<table>
<thead>
<tr>
<th>Keyword: Parenting</th>
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<tbody>
<tr>
<td><strong>Men</strong></td>
</tr>
<tr>
<td>Sept. 18</td>
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<tr>
<td>Oct. 16</td>
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<tr>
<td>Nov. 20</td>
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<tr>
<td>Dec. 18</td>
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<tr>
<td><strong>Women</strong></td>
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<td>Sept. 11</td>
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<td>Oct. 9</td>
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<tr>
<td>Nov. 13</td>
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<td>Dec. 11</td>
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Have an idea for a class that could be offered live online? Please submit your idea at https://bit.ly/scconlinecourses.

FINDING YOUR ANCESTORS

Discover various ways to research your deceased ancestors. Some things work better than others. Each class will dig deep to answer your questions.

FYA: FamilySearch
Learn all that FamilySearch has to offer. Search records and images, genealogies, books, the FamilySearch Catalog, and more.

<table>
<thead>
<tr>
<th>Keyword: FamilySearch</th>
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<tr>
<td>Oct. 18</td>
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FYA: Genealogical Research Wikis
Genealogical Wikis are not all the same. Learn about the different types.

<table>
<thead>
<tr>
<th>Keyword: Research</th>
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<tr>
<td>Oct. 25</td>
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FYA: Graveyards & Obituaries
Learn about Find-a-Grave, Billion Graves, etc. You’ll find more than just names and dates on these sites.

<table>
<thead>
<tr>
<th>Keyword: Graveyards</th>
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<tbody>
<tr>
<td>Nov. 8</td>
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FYA: Societies, Libraries & Archives
Learn about the hidden gems in state and county society sites, library databases and state archives.

<table>
<thead>
<tr>
<th>Keyword: Societies</th>
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<tr>
<td>Nov. 15</td>
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</table>

FYA: Social Media
Learn how to share your research and collaborate with others on social media (Facebook®, Pinterest, Cyndi’s list).

<table>
<thead>
<tr>
<th>Keyword: Social</th>
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<td>Nov. 22</td>
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</table>

FYA: U.S. Censuses
Find hidden information about your ancestors by studying the U.S. Censuses.

<table>
<thead>
<tr>
<th>Keyword: Censuses</th>
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<tr>
<td>Nov. 29</td>
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</table>

FYA: Engage Your Family
Learn ways to engage your family in genealogy research (from young children on up).

<table>
<thead>
<tr>
<th>Keyword: Engage</th>
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<tbody>
<tr>
<td>Dec. 6</td>
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For more information, contact Lyn Belitz at 800-828-0072, ext. 2298, or lbelitz@southeast.edu

Location Key
Plattsmouth, PLLC............. Learning Center at Plattsmouth, 537 Main St.
**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.

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**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/collegecatalog](http://www.southeast.edu/collegecatalog) for additional information.

<table>
<thead>
<tr>
<th>Social Security Number OR SCC Student ID Number</th>
<th>Birth Date</th>
<th>Name: Last</th>
<th>State</th>
<th>Zip</th>
<th>County #</th>
</tr>
</thead>
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</table>

Email Address

Cell Phone

Ethnicity (select one):

- [ ] Hispanic or Latino
- [ ] Not Hispanic or Latino

Race (Select one or more):

- [ ] White
- [ ] African American
- [ ] American Indian/Alaska Native
- [ ] Asian
- [ ] Native Hawaiian/Other Pacific Islander
- [ ] Black/African-American
- [ ] [ ] X (Gender variant/Non-binary)
- [ ] Nebraska Resident
- [ ] Non-Resident

**COURSE NUMBER** | **TITLE** | **START DATE** | **COST** | **TOTAL DUE**
---|---|---|---|---
| | | | |

**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 ( )

FOR OFFICE USE ONLY

ID # __________________

DE __________________

Today's Date __________/________/________

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

www.southeast.edu/continuing