

Family Matters

Fall 2021

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.

Oct. 22	F	10 a.m.-1 p.m.	Plattsmouth, PLLC, 102
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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.

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

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.



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	

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	
Plattsmouth, PLLC, 102		AREA-5052-PLFA	

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/scceonlinecourses>.

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

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

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

Women

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



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

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.

Keyword: FamilySearch

Oct. 18 Plattsmouth, PLLC, 102	M Repouille	7-8 p.m. AREA-5026-PLFA	\$15
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FYA: Genealogical Research Wikis

Genealogical Wikis are not all the same. Learn about the different types.

Keyword: Research

Oct. 25 Plattsmouth, PLLC, 102	M Repouille	7-8 p.m. AREA-5027-PLFA	\$15
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FYA: Google

If you only search the "big" databases for records, you are missing out. The majority of records aren't on them. Learn how to use Google and its programs to further your research.

Keyword: Google

Nov. 1 Plattsmouth, PLLC, 102	M Repouille	7-8 p.m. AREA-5028-PLFA	\$15
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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.

Keyword: Graveyards

Nov. 8 Plattsmouth, PLLC, 102	M Repouille	7-8 p.m. AREA-5029-PLFA	\$15
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FYA: Societies, Libraries & Archives

Learn about the hidden gems in state and county society sites, library databases and state archives.

Keyword: Societies

Nov. 15 Plattsmouth, PLLC, 102	M Repouille	7-8 p.m. AREA-5030-PLFA	\$15
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FYA: Social Media

Learn how to share your research and collaborate with others on social media (Facebook®, Pinterest, Cyndi's list).

Keyword: Social

Nov. 22 Plattsmouth, PLLC, 102	M Repouille	7-8 p.m. AREA-5031-PLFA	\$15
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FYA: U.S. Censuses

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

Keyword: Censuses

Nov. 29 Plattsmouth, PLLC, 102	M Repouille	7-8 p.m. AREA-5032-PLFA	\$15
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FYA: Engage Your Family

Learn ways to engage your family in genealogy research (from young children on up).

Keyword: Engage

Dec. 6 Plattsmouth, PLLC, 102	M Repouille	7-8 p.m. AREA-5033-PLFA	\$15
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Location Key

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

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

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



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.