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?

Navigating Medicare.gov will arm you with the knowledge to navigate Medicare’s plan finder tool to make the best coverage at the lowest cost. 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:

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<th>Date</th>
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<tr>
<td>Sept. 29</td>
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<td>5:30-7 p.m.</td>
<td>Hebron, HNLCC, 101</td>
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Webinar presentation is available on:

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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.

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NEW! Put the Tech in Traveling

Interested in planning your own road trip, cross country or just using technology on-the-go while vacationing? We will look at technologies that help you learn the places to go and places to avoid. Curious about airline e-tickets, virtual wallet, Lyft, Uber, Air B&B? Join us for an informative Zoom class.

Required: iPad or iPhone, preferably purchased within the last two years and the operating system updated to the most recent release.

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How to Tame Your (Unruly) Dragon: Learning to Use Coping Skills to Manage & Regulate Your Emotions

Some days we all feel like a dragon. Yes, a genuine fire-breathing, killing machine. But that’s OK so long as you know how to put yourself back on a leash. The different types of coping skills will be explored, along with their triggers. Management strategies, techniques and tools will be presented and discussed.

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You Have a Life Story to Share

Get a jump start on writing your life story with guidance from the instructor, along with multiple handouts. Instructor will lead you in a fun, supportive process.

Bring pen and paper and start writing your story for your family and friends.

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Publish Your Writing

If you want to make a living as a writer, you need to treat it as a business. This includes your public persona, use of a pen name, etiquette, social media, managing time, discipline of writing, and genre/niche analysis. Discussion of querying agents and publishers will be included.

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Location Key

Hebron, HNLCC-----------------Learning Center at Hebron, 610 Jefferson Ave.

Check out all classes offered at www.southeast.edu/HebronLC

Find us on Facebook at www.facebook.com/SCCLearningCenteratHebron

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.
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/studenthandbook 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

Home  Business Phone

I identify as:  Male  Female

Q X (Gender variant/Non-binary)

Q Nebraska Resident  Non-Resident

Ethnicity (select one):

Q Hispanic or Latino  Not Hispanic or Latino

Race (Select one or more):

Q White  Asian

Latino

Native Hawaiian/Other Pacific Islander  Black/African-American

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 ______/____/____

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.

Submit payment information and 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 any problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.

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