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.

Keyword: Story

<table>
<thead>
<tr>
<th>Oct. 19</th>
<th>Th</th>
<th>6-9 p.m.</th>
<th>Callahan</th>
<th>NE City, NCLC, 103</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 3-10</td>
<td>W</td>
<td>6-7:30 p.m.</td>
<td>Wiebold</td>
<td>AREA-9030-TCFWA</td>
</tr>
</tbody>
</table>

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

Keyword: Writing

<table>
<thead>
<tr>
<th>Nov. 13</th>
<th>S</th>
<th>10 a.m.-Noon</th>
<th>Callahan</th>
<th>AREA-0146-TCFNA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec. 9</td>
<td>Th</td>
<td>10 a.m.-Noon</td>
<td>Callahan</td>
<td>AREA-0146-TCFA</td>
</tr>
</tbody>
</table>

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.

Keyword: Learning

| Oct. 21 | Th       | 6-8 p.m.      | Toma     | AREA-6680-TCFWB  |

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.

Keyword: Traveling

| Oct. 25 | M        | 6-8 p.m.      | T. Jensen | LLLLX-1353-TCFPA |

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 at the Learning Center at Nebraska City by calling Nebraska SHIP at 402-471-2841 or toll-free at 800-234-7119.

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 Cindy Meyer at 800-828-0072, ext. 3636, or cmeyer@southeast.edu

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

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.
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
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:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sept. 9</td>
<td>5:30-7:30 p.m.</td>
<td>NE City, NCLC, 104</td>
</tr>
<tr>
<td>Sept. 20</td>
<td>M 6 p.m.</td>
<td>NE City, NCLC, 104</td>
</tr>
<tr>
<td>Oct. 19</td>
<td>T 6 p.m.</td>
<td>NE City, NCLC, 104</td>
</tr>
<tr>
<td>Nov. 16</td>
<td>T 6 p.m.</td>
<td>NE City, NCLC, 104</td>
</tr>
<tr>
<td>Dec. 15</td>
<td>W 6 p.m.</td>
<td>NE City, NCLC, 104</td>
</tr>
</tbody>
</table>

For more information, contact Cindy Meyer at 800-828-0072, ext. 3636, or cmeyer@southeast.edu

Register Today!
Register Online for SCC Continuing Education Classes

You must have an email account to register online.


2. **Search for your class** by entering either 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**.

6. 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**.

7. 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.