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.

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

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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, covers and editing, and genre/niche analysis. Discussion of querying agents and publishers will be included.

Keyword: Writing

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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.

Keyword: Story

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

OR REGISTER BY MAIL, FAX OR IN PERSON

Registraion 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 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 Q Non-Resident
Ethnicity (select one): Q Hispanic or Latino
Q Not Hispanic or Latino
Race (Select one or more):
Q White
Q Asian
Q Native Hawaiian/Other Pacific Islander
Q American Indian/Alaska Native
Q Black/African-American

COURSE NUMBER
TITLE
START DATE
COST

TOTAL DUE

SIGNATURE

Would you like a receipt mailed to you?
Q Yes Q No

SCC Staff Tuition Waiver

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 course(s) I elect to take; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit or electronically cancel the registration; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information I provide is accurate and correct; and 5) any changes in SSS, legal name, address, residence, etc. must follow the College procedures in the Student Handbook and College Catalog. It is the policy of SCC to provide equal opportunity and non-discrimination 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. Requests concerning the application of SCC’s policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Integrity, 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