

## Family Matters

Winter 2022



### 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](http://www.southeast.edu/Continuing/CoParenting)**



### 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 State Health Insurance Program (SHIP) will cover the cost of this course. **To register, please visit [www.doi.ne.gov/ship](http://www.doi.ne.gov/ship).** For questions, please call 402-471-2841. Registration deadline is one week prior to class date.

#### In-person presentations are available on:

Jan. 11	T	6-8 p.m.	Lincoln, CEC, Aud
March 8	T	6-8 p.m.	Lincoln, CEC, Aud

#### Webinar presentation is available on:

Jan. 20	Th	6 p.m.	
Feb. 15	T	6 p.m.	
March 16	W	6 p.m.	

### 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, stress management, 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](mailto:continuinged@southeast.edu) or call 402-437-2700.

\* Separate classes provided for men and women.



**Keyword: Parenting**

#### Men

Jan. 15	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSCA	
Feb. 19	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSCB	
March 19	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-CESCC	
April 16	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSCD	

#### Women

Jan. 8	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSCO	
Feb. 12	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSCP	
March 12	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSCQ	
April 9	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSCR	



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>.

### Location Key

Lincoln, CEC .....Jack J. Huck Continuing Education Center,  
301 S. 68th St. Place

For more information, contact us at 800-828-0072 or [continuinged@southeast.edu](mailto:continuinged@southeast.edu)

## 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 State Health Insurance Program (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](http://www.doi.ne.gov/ship).** For questions, please call 402-471-2841. Registration deadline is one week prior to class date.

### In-person presentations are available on:

Jan. 18	T	6-8 p.m.	Lincoln, CEC, Aud
March 17	Th	6-8 p.m.	Lincoln, CEC, Aud

### Webinar presentation is available on:

Jan. 27	Th	6 p.m.	
Feb. 22	T	6 p.m.	
March 23	W	6 p.m.	

## Herbal Support in Trying Times

An engaging exploration of several herbs and their application to support our mental health. We will be discussing complimentary remedies and practices that can provide additional support for the many ways we cope with life's stresses.

Recipes and information will be shared to support you in expanding your home apothecary.

**Keyword: Herbal**

Jan. 10	M	5:30-7:30 p.m.	\$29
LIVE Online, Zoom	Svoboda	LLLX-1673-TCSCA	

## The Power You Have, the Power You Give

If you have power of attorney for someone or if you have given someone your power of attorney, do you fully understand what that means? Join us as we discuss the advantages/disadvantages of a financial power of attorney, health care power of attorney, living wills, advanced medical directives, guardianship, and conservatorship. This is important information to understand regardless of your age or life situation.

**Keyword: Power**

Feb. 10	Th	6:30-8:30 p.m.	\$29
LIVE Online, Zoom	Rauert	AREA-5057-TCSYA	

## NEW! Planning for Social Security & Health Care Expenses: What You Need to Know

Learn what you should consider when deciding to apply for social security benefits, when it makes sense to delay benefits and when it does not, innovative strategies for coordinating benefits with your spouse, how spousal, survivor and divorce benefits work and how to minimize taxes on social security benefits.

Guest presenter: Lori Byers, York County Department of Aging.

**Keyword: Social**

Jan. 31	M	6-8:30 p.m.	\$29
LIVE Online, Zoom	Milleson	AREA-7044-TCSYA	

## Social Security 101: Understanding This Retirement Benefit

Understanding Social Security is critical to your long-term financial well-being and retirement. This is an overview of Social Security and how it works, including eligibility and Primary Insurance Amount, filing options, the importance of timing (delayed retirement credits), and spousal benefits. Discover the implications of working after a person begins collecting benefits and how that affects your decision making.

**Keyword: Security**

March 8	T	6-9 p.m.	\$29
LIVE Online, Zoom	Rauert	AREA-7035-TCSYA	

## Long Term Care Cost Planning

Learn more during this class about the differences among the type of long-term care such as assisted living, nursing home, home health, and hospice care. Discussion will include what each type of care encompasses and approximate cost. How do people pay for this care today? Learn about insurance options available in the market and strategies used to help pay for care costs. This class will enable students to assess their individual risk of care needs, make cost estimates, and how to plan today to ensure they can pay for the care into the future.

**Keyword: Care**


Feb. 24	Th	6-9 p.m.	\$39
LIVE Online, Zoom	Rauert	AREA-5084-TCSYA	

## NEW! How to Keep Your Family Phones Safe

Pop quiz: What is Zoomerang? If you're scratching your head, it's time to read up on the trendy new social media apps children and young people are using. Facebook friending is just the tip of the iceberg when it comes to online safety. In this class you will see sites and new apps tweens and teens are using these days. You'll get useful tips for protecting your family from many online safety hazards.

**Keyword: Phones**

Jan. 25	T	6:30-8:30 p.m.	\$29
LIVE Online, Zoom	Uffleman	AREA-1406-TCSYA	



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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>.

### Location Key

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301 S. 68th St. Place

For more information, contact us at 800-828-0072 or [continuing@southeast.edu](mailto:continuing@southeast.edu)

Check out all classes offered at [www.southeast.edu/continuing](http://www.southeast.edu/continuing)  
Find us on Facebook® at [www.facebook.com/SCCNebCE](http://www.facebook.com/SCCNebCE)

**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.



# 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](http://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](mailto:jsoto@southeast.edu).