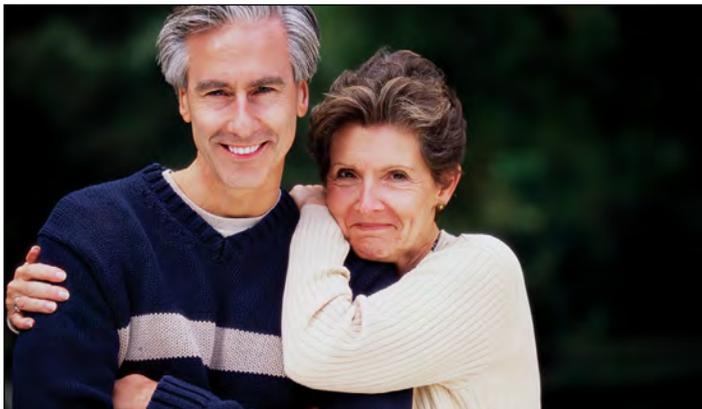


Family Matters

Spring 2022



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.** For questions, please call 402-471-2841. Registration deadline is one week prior to class date.

In-person presentations are available on:

May 10	T	6-8 p.m.	Lincoln, CEC, Aud
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Webinar presentation is available on:

April 12	T	6 p.m.	
June 9	Th	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 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.** For questions, please call 402-471-2841. Registration deadline is one week prior to class date.

In-person presentations are available on:

May 17	T	6-8 p.m.	Lincoln, CEC, Aud
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Webinar presentation is available on:

April 19	T	6 p.m.	
June 16	Th	6 p.m.	

NEW! Homemade Baby Foods

Join our registered dietitian as she walks you through the ins and outs of safely making and storing your own homemade baby foods.

Recipes will be demonstrated and you will leave with a small sample to take home along with additional recipes. Wear closed-toe shoes and feel free to bring your baby along!

Keyword: Baby

April 9	S	8-10 a.m.	\$39
Lincoln, LNK, D-2	Stark	LLLX-1945-LNSA	



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

Location Key	
Lincoln, CECJack J. Huck Continuing Education Center, 301 S. 68th St. Place
Lincoln, LNKSoutheast Community College, Lincoln Campus, 8800 O St.

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 continuing@southeast.edu or call 402-437-2700.

* Separate classes provided for men and women.

Keyword: Parenting

Men			
April 16 LIVE Online, Zoom	S	8:30-11:30 a.m. LLLX-2401-TCSCD	\$69
May 21 LIVE Online, Zoom	S	8:30-11:30 a.m. LLLX-2401-TCSCD	\$69
June 18 LIVE Online, Zoom	S	8:30-11:30 a.m. LLLX-2401-TCUCF	\$69
July 16 LIVE Online, Zoom	S	8:30-11:30 a.m. LLLX-2401-TCUCG	\$69
Aug. 20 LIVE Online, Zoom	S	8:30-11:30 a.m. LLLX-2401-TCUCH	\$69
Women			
April 9 LIVE Online, Zoom	S	8:30-11:30 a.m. LLLX-2401-TCSCR	\$69
May 14 LIVE Online, Zoom	S	8:30-11:30 a.m. LLLX-2401-TCSCS	\$69
June 11 LIVE Online, Zoom	S	8:30-11:30 a.m. LLLX-2401-TCUCT	\$69
July 9 LIVE Online, Zoom	S	8:30-11:30 a.m. LLLX-22401-TCUCU	\$69
Aug. 13 LIVE Online, Zoom	S	8:30-11:30 a.m. LLLX-2401-TCUCV	\$69

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

April 23 LIVE Online, Zoom	S	Callahan AREA-5052-TCSNA	\$29
May 21 LIVE Online, Zoom	S	Callahan AREA-5052-TCSNB	\$29



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>.

Beginning Genealogy

Have you watched "Finding Your Roots" and wondered about your own family stories? This is the best time to trace your family tree. Bring what you know about your family to the first class and learn the basics. Discover how to organize, where to look for clues and how to find good information.

Keyword: Genealogy

April 5-19 Lincoln, CEC, 404	T Stewart	6:30-8:30 p.m. LLLX-0939-CESB	\$49
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Intermediate Genealogy

Boost your genealogy research. Find out if your family homesteaded or fought in the Revolutionary War. This class introduces sources such as land records, military papers, immigration/naturalization documents, newspapers, and courthouse resources. Learn where to find the clues and break through your brick walls.

Keyword: Genealogy

May 3-10 Lincoln, CEC, 404	T Stewart	6:30-8:30 p.m. LLLX-0938-CESB	\$39
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Understanding Investing

It's never too early (or late) to learn how to make your money work for you. Topics will include stocks, bonds, mutual funds, and the various types of accounts in which you can invest. If you want to learn more about investing and how you can use investments as a tool to reach your financial goals, this is your class.

Keyword: Invest

April 5-12 Lincoln, CEC, 403	T Muff	6-8 p.m. LLLX-0801-CESB	\$49
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NEW! Let's Do Lunch: How to Manage Your Personal Finances

Budgeting tips, checking your credit score, and how to start a savings plan for your retirement will be discussed.



Keyword: Manage

April 28 LIVE Online, Zoom	Th Toma	Noon-1 p.m. AREA-6665-TCSWD	\$10
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NEW! Let's Do Lunch: How Does TeleHealth Work

Learn how to schedule a telehealth visit, how they work, and why they are right for some people.



Keyword: TeleHealth

May 4 LIVE Online, Zoom	W	Noon-1 p.m. AREA-6665-TCSHA	\$10
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Babysitting 101

Ages 10-14

This interactive class will help you become a great babysitter. You will learn about the business of babysitting, child development, safety, and fun ways to keep children entertained.

Keyword: Babysitting

June 1-15 Online, Canvas	Segner	AREA-6399-WBUHA	\$29
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Location Key

Lincoln, CECJack J. Huck Continuing Education Center,
301 S. 68th St. Place
Lincoln, LNK.....Southeast Community College, Lincoln Campus,
8800 O St.

For more information, contact us at 800-828-0072 or continuing@southeast.edu

Check out all classes offered at www.southeast.edu/continuing
Find us on Facebook® at 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 for additional information.

Social Security Number OR SCC Student ID Number	Birth Date	Name: Last	First	Middle Initial
Residence Mailing Address		City	State	Zip
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"/> Native Hawaiian/Other Pacific Islander	<input type="checkbox"/> Asian <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. SCC is an Equal-Opportunity co-educational college and does not discriminate based on race, color, religion, sex*, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. www.southeast.edu/diversity * The U.S. Department of Education's Office for Civil Rights enforces Title IX's prohibition on discrimination on the basis of sex to also include discrimination based on gender identity.