

## Personal Development

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

**Students meet at Learning Centers. Instructor is via Zoom.**

April 7	Th	5:30-7:30 p.m.	Falls City, FCLC, 102
June 7	T	5:30-7:30 p.m.	Falls City, FCLC, 102

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

**Students meet at Learning Centers. Instructor is via Zoom.**

April 21	Th	5:30-7:30 p.m.	Falls City, FCLC, 109
June 21	T	5:30-7:30 p.m.	Falls City, FCLC, 109

**Webinar presentation is available on:**

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

### Location Key

Falls City, FCLC..... Learning Center at Falls City, 3200 Bill Schock Blvd.

### 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**

May 14	S	10 a.m.-Noon	\$25
LIVE Online, Zoom	Callahan	AREA-0146-TCSPA	

### You Have a Life Story to Share

Jump-start writing your life story. Instructor will guide you in a fun, supportive process.



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

**Keyword: Story**

April 30	S	9 a.m.-Noon	\$39
LIVE Online, Zoom	Callahan	AREA-9030-TCSPA	

### The Core of the Story

Give your readers a perfect escape by taking them on a journey. Your plot is the vehicle that brings them from point A to point B. Discover how to create the roadmap your story needs, limit your loose ends and include all the expected beats and tropes in both romance and fantasy genres. Learn how to plot your character's journey.



The instructor has published works under various pen names in both romance and fantasy genres and is eager to share tips for writers to succeed.

**Keyword: Story**

### Plotting Romance

April 16	S	10 a.m.-Noon	\$25
LIVE Online, Zoom	Callahan	AREA-6700-TCSNA	
June 7	T	6:30-8:30 p.m.	\$25
LIVE Online, Zoom	Callahan	AREA-6700-TCUNA	

### Plotting Fantasy

April 19	T	6:30-8:30 p.m.	\$25
LIVE Online, Zoom	Callahan	AREA-6700-TCSNB	
June 11	S	10 a.m.-Noon	\$25
LIVE Online, Zoom	Callahan	AREA-6700-TCUNB	



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>.

**Want to take a class that is listed as "LIVE Online, Zoom" but don't have a way to view the class or are having connection issues?** Contact your Learning Center to see if other options are available.

For more information, contact **Holly Carr** at 800-828-0072, ext. 3396, or [hcarr@southeast.edu](mailto:hcarr@southeast.edu)

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

## Senior Stretch & Flex

Enjoy a morning workout and improve your health. This active-aging class will include stretching, cardio and the proper use of free weights. You will experience improved flexibility while seeing positive changes in your body.

Dress in appropriate attire: loose, comfortable clothing and comfortable shoes.

March 30-April 27 W 5:15-6 p.m. \$29  
Falls City, FCLC AREA-8415-FCSB

Keyword: Stretch



## 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, or Air B&B? Join us for an informative Zoom class.

April 13 W 7-9 p.m. \$29  
LIVE Online, Zoom T. Jensen LLLX-1353-TCSCB

Keyword: Traveling



## Walk for a Healthier You

Ready to reap the benefits of walking right in your very own home? Walking can increase energy levels; strengthen bones and muscles; improve mood, memory and sleep; and reduce stress. Workouts will include warm-ups and cool-downs.

Dress in loose, comfortable clothing and appropriate shoes.

April 5-May 3 T 5:30-6:15 p.m. \$25  
LIVE Online, Zoom Waters AREA-8492-TCSWB

Keyword: Walk



## Fit for Living

Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key. Best price for your workout!

Bring a mat, towel and tennis shoes. Will use outdoor classrooms as often as can for Plattsmouth class.

May 17-June 21 T 5:30-6:15 p.m. \$29  
LIVE Online, Zoom Waters AREA-8593-TCSWA

Keyword: Fit

## LET'S DO LUNCH SERIES

Spend your lunch hour learning something new! Check out this series featuring something for everyone!

### LDL: Gardening Basics

Want to learn more about how to make your garden grow? Join us over lunch to learn tips and tricks on gardening.

March 22 T Noon-1 p.m. \$10  
LIVE Online, Zoom AREA-6665-TCSFC

Keyword: Gardening



### NEW! LDL: Tips for Home Maintenance

Spring is here! Time to make sure you have the basics covered on home maintenance.

April 6 W Noon-1 p.m. \$10  
LIVE Online, Zoom AREA-6665-TCSFD

Keyword: Home



### NEW! LDL: How Does TeleHealth Work

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

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

Keyword: TeleHealth

For more information, contact **Holly Carr** at 800-828-0072, ext. 3396, or [hcarr@southeast.edu](mailto:hcarr@southeast.edu)

April celebrates Administrative Professionals Day. This lunch series focuses on personal and professional development suitable for administrative professionals or anyone who wants to learn something new!

### NEW! LDL: Meditative Mandalas

Discover the geometric doodles of the circular mandala designs as you practice mindfulness skills, breathing exercises and expressions of gratitude.



Keyword: Meditative

April 7 Th Noon-1 p.m. \$10  
LIVE Online, Zoom Roseberry-Keiser AREA-6665-TCSWA

### NEW! LDL: Metabolic Syndrome

Metabolic syndrome is not a disease in itself but a group of risk factors. Learn about metabolic syndrome, the five risk factors and healthy lifestyle habits to help reduce the risks.



Keyword: Metabolic

April 14 Th Noon-1 p.m. \$10  
LIVE Online, Zoom Toma AREA-6665-TCSWB

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

Coping strategies, techniques and tools will be presented and discussed.



Keyword: Tame

April 21 Th Noon-1 p.m. \$10  
LIVE Online, Zoom Toma AREA-6665-TCSWC

### NEW! LDL: 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 Th Noon-1 p.m. \$10  
LIVE Online, Zoom Toma AREA-6665-TCSWD

### NEW! LDL: Take Your Pet to Lunch!

Learn more about pet love and care in this fun class! Pets are welcome to attend!



Keyword: Lunch

May 18 W Noon-1 p.m. \$10  
LIVE Online, Zoom AREA-6665-TCSFE

### LDL: Starting a Small Business

Have you had an idea for a small business but aren't sure where to start? Visit with an expert and get a few tips and tricks.



Keyword: Business

June 1 W Noon-1 p.m. \$10  
LIVE Online, Zoom Lenhoff AREA-6665-TCUFA



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Have an idea for a class that could be offered live online? Please submit your idea at <https://bit.ly/sccceonlinecourses>.

**Want to take a class that is listed as "LIVE Online, Zoom" but don't have a way to view the class or are having connection issues?** Contact your Learning Center to see if other options are available.



# 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"/> American Indian/Alaska Native <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <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](http://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.