

# Family Matters

Summer 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 penalties 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:**

July 14	Th	6-8 p.m.	Lincoln, CEC, Aud
Aug. 10	W	6-8 p.m.	Lincoln, CEC, Aud
Sept. 8	Th	6-8 p.m.	Lincoln, CEC, Aud

**Webinar presentation is available on:**

Sept. 20	T	6 p.m.	
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## 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:**

July 21	Th	6-8 p.m.	Lincoln, CEC, Aud
Aug. 17	W	6-8 p.m.	Lincoln, CEC, Aud
Sept. 14	W	6-8 p.m.	Lincoln, CEC, Aud

**Webinar presentation is available on:**

Sept. 27	T	6 p.m.	
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## 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/cecoparenting](http://www.southeast.edu/cecoparenting)**

## 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](mailto:continuing@southeast.edu) or call 402-437-2700.

\* Separate classes provided for men and women.



**Keyword: Parenting**

Men			
July 16	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom			
LLLX-2401-TCUCG			
Aug. 20	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom			
LLLX-2401-TCUCH			
Sept. 17	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom			
LLLX-2401-TCFCI			
Oct. 15	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom			
LLLX-2401-TCFCJ			
Women			
July 9	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom			
LLLX-2401-TCUCU			
Aug. 13	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom			
LLLX-2401-TCUCV			
Sept. 10	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom			
LLLX-2401-TCFCW			
Oct. 8	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom			
LLLX-2401-TCFCX			

### Location Key

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



## Herbal Elixirs

Discover how to make refreshing and uplifting herbal elixirs. We will look at a few locally available medicinal plants along with a discussion and demonstration on how to brew up your own herbal elixirs at home. These recipes are fun, easy to make and a great way to quench your interest in herbalism.

Your instructor is a clinical and community herbalist.

**Keyword: Herbal**

July 14	Th	6-8 p.m.	\$29
Lincoln, CEC, 102	Svoboda	LLLX-2033-CEUA	

## Summer Genealogy

Summer is a great time to climb your family tree. We will cover the basic concepts, how to search online, and taking trips to find more information. Zoom sessions will allow you to ask questions and discuss clues and brick walls.



**Keyword: Genealogy**

July 7-14	Th	6:30-8:30 p.m.	\$39
LIVE Online, Zoom		LLLX-1970-TCUCA	

## DNA Tells a Story

Whether you've taken a DNA test or are considering one, DNA can help you with your genealogy when the paper trail ends. Find out how genetic genealogy can enhance traditional research methods, solve family mysteries and take you on the next steps in your genealogical journey. When a lack of records or uncertainty about ancestral lineage has you stumped, DNA always tells the truth. DNA testing is the tool that belongs in every genealogist's toolkit.



**Keyword: DNA**

Aug. 23	T	5:30-7 p.m.	\$19
LIVE Online, Zoom	Callahan	AREA-6361-TCFPA	



## NEW! Let's Do Lunch: Meal Prep

Join us and learn about meal prep and how it saves time, money and helps you make better food choices!



**Keyword: Meal**

Sept. 7	W	Noon-1 p.m.	\$10
LIVE Online, Zoom		AREA-6665-TCFFA	

### Location Key

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



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>.



[www.ed2go.com/scce](http://www.ed2go.com/scce)

### BROWSE COURSES IN

**Accounting and Finance**

**Business**

**College Readiness**

**Computer Applications**

**Design and Composition**

**Health Care and Medical**

**Language and Arts**

**Law and Legal**

**Personal Development**

**Teaching and Education**

**Technology**

**Writing and Publishing**

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"/> 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.