

# Personal Development

Fall 2022



## Medicare Open 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 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 at the Learning Center at Nebraska City by calling Nebraska SHIP at 402-471-2841 or toll-free at 800-234-7119.

Oct. 17-Dec. 7	M, T, Th	NE City, NCLC, 102
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## 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 [doi.ne.gov/ship](https://doi.ne.gov/ship).** For questions, please call 402-471-2841. Registration deadline is one week prior to class date.

**Webinar presentations are available on:**

Oct. 20	Th	6 p.m.
Nov. 15	T	6 p.m.
Dec. 14	W	6 p.m.

### Location Key

NE City, NCLC ..... Learning Center at Nebraska City, 1406 Central Ave.

For more information, contact **Cindy Meyer** at 800-828-0072, ext. 3636, or [cmeyer@southeast.edu](mailto:cmeyer@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 [doi.ne.gov/ship](https://doi.ne.gov/ship).** For questions, please call 402-471-2841. Registration deadline is one week prior to class date.

**Webinar presentations are available on:**

Oct. 27	Th	6 p.m.
Nov. 29	T	6 p.m.
Dec. 21	W	6 p.m.

## Let Me Share My Story with You: Writing Your Memories

Have you ever thought of sharing your story but don't know where to begin? Let us help you discover how to record the events for family and friends. We will provide tips on intriguing topics to write about, tricks to jog your memory, and ways to capture stories on paper without getting bogged down.



**Keyword: Story**

Oct. 12-26	W	6-7 p.m.	\$29
LIVE Online, Zoom	Wiebold	AREA-9032-TCFWA	

## YOGA CLASSES

It's time to roll out your yoga mat and discover the combination of physical and mental exercises. Whether you are young or old, yoga has the power to calm the mind and strengthen the body. Don't be intimidated by yoga terminology, fancy yoga studios and complicated poses. Yoga is for everyone.

Wear comfortable clothing. Bring a yoga mat to class. Choose a location and class to fit your needs.

### Yoga

Bring a mat if you have one.

**Keyword: Yoga**

Oct. 19-Nov. 16	W	6:45-7:30 p.m.	\$35
NE City, AWC, Group X		Carlson	AREA-8419-NCFC



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.

**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.

## Gratitude, Gimmicks & Going the Extra Mile

The real joy is in the giving. You will gather ideas for showing appreciation in a unique and clever way. From care packages to quick gestures of appreciation, we will explore many options. You will leave with a collection of meaningful ideas and a lot of inspiration to positively impact others!



Nov. 17  
LIVE Online, Zoom

Th  
Van Winkle

6-7:30 p.m.  
LLLX-1127-TCFCA

Keyword: Gratitude

\$19

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



Oct. 19  
LIVE Online, Zoom

W  
Jensen

7-9 p.m.  
LLLX-1353-TCFCA

Keyword: Travel

\$29

## NEW! Officiating 101: Emphasis on Basketball

The primary goal of this class is to help anyone (high school age to adult) become better prepared to be an official/referee/umpire. The emphasis will be on basketball, however, we also will touch on baseball and football. We will cover rules, mechanics, game management, game preparation, and also how to deal with coaches and fans. If gym availability allows, our last class will be spent on the court learning basic referee principles and positioning.



Keyword: Officiating

Sept. 19-28  
NE City, NCLC, 104

M, W  
Hodges

6:30-8 p.m.  
AREA-8594-NCFA

\$59

## Morning Mix-Up

Need a kick to wake up in the morning? This is a total-body workout consisting of strength stations, HIIT, cycling, yoga, suspension training, and more.

Wear comfortable clothing, suitable for working out.

Keyword: Morning

Oct. 17-Nov. 9  
NE City, AWC, Group X

M, W, F

5:30-6:30 a.m.  
DeFreece/Essary

AREA-8722-NCFA

\$59

## 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.

Keyword: Fit

Oct. 5-Nov. 9  
LIVE Online, Zoom

W  
Meyer

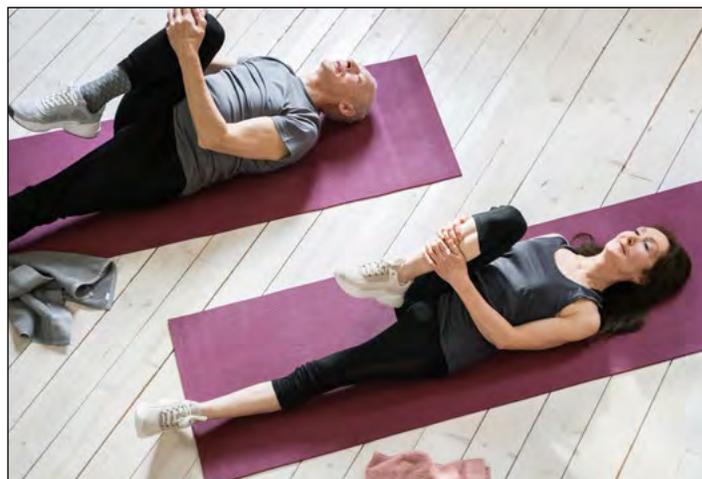
5:30-6:15 p.m.  
AREA-8593-TCFFA

\$29

### Location Key

NE City, AWC.....Ambassador Wellness Center, 1240 N. 19th  
NE City, SAC.....Steinhart Aquatic Center, 121 S. Steinhart Park Road

For more information, contact **Cindy Meyer** at  
800-828-0072, ext. 3636, or [cmeyer@southeast.edu](mailto:cmeyer@southeast.edu)



## 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.

Keyword: Stretch

Oct. 17-Nov. 9  
NE City, AWC, Group X

M, W

9:45-10:30 a.m.  
Owen

AREA-8656-NCFA

\$49

## Water Aerobics

Why exercise in water? Water offers more resistance than air, allowing for a terrific cardiovascular workout, enhancing flexibility, strengthening and toning.

Swimsuits are required, and water shoes are recommended.

Keyword: Water

Oct. 17-Nov. 16  
NE City, AWC, Pool

M, W

8:30-9:30 a.m.  
Madden

AREA-8717-NCFA

\$59

## LET'S DO LUNCH SERIES

### LDL: Tips for Home Maintenance

Time to make sure you have the basics covered on home maintenance.



Keyword: Home

Oct. 6  
LIVE Online, Zoom

Th

Noon-1 p.m.  
AREA-6665-TCFFB

\$10

### LDL: What is a Side Hustle?

Side hustle is a new term for a part-time job. Learn potential "side hustles" and how to turn your idea into one.



Keyword: Hustle

Oct. 5  
LIVE Online, Zoom

W  
Segner

Noon-1 p.m.  
AREA-6665-TCFFB

\$10

### NEW! LDL: How to Find an Online Side Hustle

Learn about side hustles you can do online that are not scams.



Keyword: Online

Oct. 12  
LIVE Online, Zoom

W

Noon-1 p.m.  
AREA-6665-TCFFC

\$10

### LDL: Promote Your Side Hustle

We'll spend the hour discussing ways to effectively promote your "side hustle" on social media.



Keyword: Hustle

Oct. 19  
LIVE Online, Zoom

W  
Segner

Noon-1 p.m.  
AREA-6665-TCFFC

\$10

Check out all classes offered at [southeast.edu/NebraskaCityLC](http://southeast.edu/NebraskaCityLC)  
Find us on Facebook at [facebook.com/SCCLearningCenteratNebraskaCity](https://facebook.com/SCCLearningCenteratNebraskaCity)

### LDL: Side Hustle Payment Options

Square, Clover, Venmo, PayPal . . . find out which payment system best suits your "side hustle" and how to set them up to work for you.



**Keyword: Hustle**

Oct. 26 W Noon-1 p.m. \$10  
LIVE Online, Zoom Segner AREA-6665-TCFHD

### LDL: Side Hustle Vendor Displays

Taking your "side hustle" to a craft/vendor fair? Discover ways to get the most from your display.



**Keyword: Hustle**

Nov. 2 W Noon-1 p.m. \$10  
LIVE Online, Zoom Segner AREA-6665-TCFHE

### NEW! LDL: Pack Your Bags!

Learn tips and tricks about how to pack your suitcase more organized and efficiently.



**Keyword: Pack**

Nov. 30 W Noon-1 p.m. \$10  
LIVE Online, Zoom Segner AREA-6665-TCFFF

### NEW! LDL: Happiness is Traveling

Learn tips and tricks about getting ready for your next adventure!



**Keyword: Traveling**

Dec. 7 W Noon-1 p.m. \$10  
LIVE Online, Zoom Segner AREA-6665-TCFFG

For more information, contact **Cindy Meyer** at 800-828-0072, ext. 3636, or [cmeyer@southeast.edu](mailto:cmeyer@southeast.edu)

### NEW! LDL: How to Become a Rideshare Driver

Learn about how to set yourself up to drive for Uber or Lyft.



**Keyword: Drive**

Nov. 9 W Noon-1 p.m. \$10  
LIVE Online, Zoom Segner AREA-6665-TCFFD

### NEW! LDL: How to Become a Food Delivery Driver

Interested in a side hustle like GrubHub or DoorDash? Learn how to get started in this class.



**Keyword: Driver**

Nov. 16 W Noon-1 p.m. \$10  
LIVE Online, Zoom Segner AREA-6665-TCFFE

### LDL: How Does TeleHealth Work

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



**Keyword: TeleHealth**

Dec. 14 W Noon-1 p.m. \$10  
LIVE Online, Zoom Segner AREA-6665-TCFFF

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.

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**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.

**Check out all classes offered at [southeast.edu/NebraskaCityLC](http://southeast.edu/NebraskaCityLC)  
Find us on Facebook at [facebook.com/SCCLearningCenteratNebraskaCity](https://facebook.com/SCCLearningCenteratNebraskaCity)**

**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.



## Registration 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 [southeast.edu/collegecatalog](http://southeast.edu/collegecatalog) for additional information.

Today's Date

PLEASE PRINT

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"/> 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. 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. [southeast.edu/diversity](http://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.

# Register Online for SCC Continuing Education Classes

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>.
2. **Search for your class** by entering either 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**.
6. 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**.
7. 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.



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301 S. 68th St. Place, Lincoln, NE 68510  
402-437-2700 • 800-828-0072 • FAX 402-437-2703  
[southeast.edu/continuing](http://southeast.edu/continuing)

\* The College requires a student's Social Security number as a condition for enrollment. A student's Social Security number information constitutes an "educational record" under FERPA.