

Family Matters

Fall 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 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.

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.** 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.



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.



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 and stress management. 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 Android 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.

Written completion letter will be mailed (U.S. Postal Service) to student at the successful completion of the course. It will be mailed to the address on the student's registration information.

For registration and log-in instructions for the online class, go to 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 continued@southeast.edu or call 402-437-2700.

* Separate classes provided for men and women.

Keyword: Parenting

Men

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	
Nov. 19	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCFCL	
Dec. 17	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCFCM	

Women

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	
Nov. 12	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCFCY	
Dec. 10	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCFCZ	

Maybe I Won't Have to Deal with This . . .

What do you want when it comes to future wishes? The toughest conversations are sometimes the most important. Help others understand and respect your desires in the areas most important: health, financial, housing, and some of the not-so-common things such as who gets what. Let's start the conversation and plan early so that you can be more thoughtful and reflective. Join us for an open conversation, fun and lots of useful information.

Keyword: Deal

Oct. 12	W	6:30-8 p.m.	\$19
Lincoln, CEC, 214	Frese	LLLX-0167-CEFA	

Herbal Support in Cold & Flu Season

Let's focus on healing herbs and a medicinal mushroom to help keep you and yours healthy through the cold and flu season. We will focus on prairie plants that can be cultivated or found locally to emphasize a connection to the ecosystem in which we live. Recipes and information will be shared to support you in expanding your home apothecary.

Keyword: Herbal

Oct. 3-4	M, T	5:30-7 p.m.	\$29
Lincoln, CEC, 102	Svoboda	LLLX-1673-CEFA	

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

Oct. 3-17	M	6:30-8:30 p.m.	\$49
Lincoln, CEC, 405	Stewart	LLLX-0939-CEFB	

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

Nov. 3-10	Th	6:30-8:30 p.m.	\$39
Lincoln, CEC, 403	Stewart	LLLX-0938-CEFA	

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

Nov. 5	S	10 a.m.-Noon	\$29
LIVE Online, Zoom	Callahan	AREA-6361-TCFNA	

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.

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

Oct. 25	T	6:30-8:30 p.m.	\$29
LIVE Online, Zoom	Callahan	AREA-5052-TCFNA	
Nov. 2	W	10 a.m.-Noon	\$29
LIVE Online, Zoom	Callahan	AREA-5052-TCFPA	

NEW! ADD/ADHD Family Mentoring

Families are impacted in various ways when there is a member with ADD/ADHD behaviors. Learn some tips and tools to enable your family to thrive. Instructor brings both personal and professional experience from a clinical setting.



Keyword: Family

Nov. 1	T	9-11 a.m.	\$49
LIVE Online, Zoom	Bryant	AREA-5060-TCFPA	

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.

Students will complete learning activities through Canvas, an online classroom. Canvas classroom will be open Oct. 15.

Keyword: Babysitting

Oct. 15-Nov. 15			\$29
Online, Canvas	Segner	AREA-6399-WBFHA	

Planning a Funeral

Have you planned a wedding, special birthday or anniversary? Normally you start planning those events at least a year in advance. A funeral costs almost as much as the previous-mentioned celebrations, but you only have a few days to plan and get everything in order. This class will provide you with information and resources so you have time to think and maybe plan ahead so your loved ones know exactly what you want. Planning ahead helps alleviate stress.



Keyword: Funeral

Oct. 18	T	6-7 p.m.	\$10
LIVE Online, Zoom		AREA-6790-TCFFA	

NEW! Let's Do Lunch: 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		AREA-6665-TCFFF	

NEW! Let's Do Lunch: 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		AREA-6665-TCFFG	

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

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

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

Check out all classes offered at southeast.edu/continuing

Find us on Facebook® at facebook.com/SCCNebCE



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 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"/> 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 * 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.