

Family Matters

Spring 2023



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.

In-person presentations are available on:

March 21	T	6-8 p.m.	Beatrice, AEC, 134
May 18	Th	6-8 p.m.	Lincoln, CEC, Aud

Webinar presentation is available on:

April 13	T	6 p.m.	
June 15	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 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:

March 28	T	6-8 p.m.	Beatrice, AEC, 134
May 25	Th	6-8 p.m.	Lincoln, CEC, Aud
June 21	W	6-8 p.m.	Lincoln, CEC, Aud

Webinar presentations are available on:

April 20	Th	6 p.m.	
June 22	Th	6 p.m.	

Location Key

Beatrice, AECSCC-Beatrice Campus, Academic Excellence Center,
4771 W. Scott Road
Lincoln, CECJack 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.



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

* Separate classes provided for men and women.

Keyword: Parenting

Men *

March 18	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSCC	
April 15	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSCD	
May 20	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSC E	
June 17	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCUCF	

Women *

March 11	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSCQ	
April 8	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSCR	
May 13	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCSCS	
June 10	S	8:30-11:30 a.m.	\$69
LIVE Online, Zoom		LLLX-2401-TCUCT	



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 3-17 M 6:30-8:30 p.m. \$49
Lincoln, CEC, 404 Stewart LLLX-0939-CESB

Intermediate Genealogy

Did your family homestead on the plains or fight in the Revolutionary War? This class introduces sources such as land records, military papers, immigration/naturalization documents, newspapers and courthouse resources. Find the "storytelling" clues and break through your brick walls.

Keyword: Genealogy

April 19-26 W 6:30-8:30 p.m. \$39
Lincoln, CEC, 404 Stewart LLLX-0938-CESB

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

June 3 S 10 a.m.-Noon \$29
LIVE Online, Zoom Callahan AREA-6361-TCUNA

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

May 4 Th 6:30-8:30 p.m. \$29
LIVE Online, Zoom Callahan AREA-5052-TCSNA


Backyard Herbalism: A New Way to Look at Old Friends

Our focus will be centered around common plants (weeds as some would say) such as dandelion, violet, cleavers, nettles etc. and their traditional uses as "spring tonics," foods and herbal remedies. We also will cover a bit of history, botany and folklore about herbalism, and there will be demonstrations of recipes and remedies.

Your instructor is a clinical and community herbalist.

Keyword: Herbalism

April 24-25 M, T 6-7:30 p.m. \$39
Lincoln, CEC, 102 Svoboda LLLX-1460-CESA

 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.

NEW! Dandelions, Plantain & Chickweed, Oh My! More than Just Garden Weeds

Did you know that some of the most common weedy plants can be used as food and medicine? This is an introduction to working with weedy medicinal plants. A fun class that will give you an overview of the most common and useful weeds to use and how to get started safely and confidently.



Keyword: Dandelions

April 15 S 10 a.m.-Noon \$29
Lincoln, CEC, 404 Morehead LLLX-1674-CESA

Herbal First Aid

We'll explore working with the plants around us to heal cuts, scrapes, burns and other minor injuries.

Keyword: Herbal

May 22 M 6-7:30 p.m. \$19
Lincoln, CEC, 404 Svoboda LLLX-0332-CEUA

ADD/ADHD Family Tips & Tools

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

April 25 T 6:30-8:30 p.m. \$49
LIVE Online, Zoom Bryant AREA-5060-TCSPA

NEW! Let's Do Lunch: Money & Time Management for Stay-at-Home Parents

Stay-at-home parenting is a tireless job with endless responsibilities. Learn how to manage finances and quality time with your family.



Keyword: Money

June 21 W Noon-1 p.m. \$10
LIVE Online, Zoom Andrew AREA-6665-TCUFC

NEW! Let's Do Lunch: Understanding Nutrition Labels

Focus on a healthier you by learning more about the nutrition labels on foods.



Keyword: Labels

April 4 T Noon-1 p.m. \$10
LIVE Online, Zoom AREA-6665-TCSFG

Location Key

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

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

Check out all classes offered at southeast.edu/continuing
Find us on Facebook® at facebook.com/SCCNeb

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 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.