

Family Matters

Spring 2023



I Don't Need a Will, I'm Only 30

Why would I have one of those? That is something that only old people do. Life is crazy, and time just goes so fast. Understand the importance of having a will, and yes, starting early. We will cover topics such as financial powers of attorney, health care powers of attorney and living wills. When it comes to guarding your assets and ensuring that your loved ones are taken care of, it is never too early.

Keyword: Will

April 17	M	6:30-8 p.m.	\$25
York, YKLC, D101	Clinch	AREA-5044-YKSA	

Long-Term Care Cost Planning

Explore the differences among the type of long-term care such as assisted living, nursing home, home health, and hospice care. Discussion will include what each type of care encompasses and approximate cost. How do people pay for this care today? Learn about insurance options available in the market and strategies used to help pay for care costs. You will be able to assess your individual risk of care needs, make cost estimates and how to plan today to ensure they can pay for the care into the future.

Keyword: Care

April 25	T	6-9 p.m.	\$39
York, YKLC, C101	Rauert	AREA-5084-YKSA	

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	Callahan	\$29
LIVE Online, Zoom			AREA-6361-TCUNA	
York, YKLC, D101			AREA-6361-YKUA	

Class is live-streamed from Nebraska City.

Babysitting 101

Ages 10-14

This interactive one-session 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.

Keyword: Babysitting

June 21	W	9 a.m.-Noon	\$29
York, YKLC, D101	Segner	AREA-6399-YKUA	

NEW! How to Buy or Sell a Home

Confused about how to purchase or sell a home? Let a local realtor take you through the steps of preparing your home to sell as well as the process of knowing what you need to do to prepare, search for and purchase a home.

Keyword: Home

April 3	M	6:30-8 p.m.	\$19
York, YKLC, D101	Otte	AREA-7028-YKSA	

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	

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	

Location Key

York, YKLC.....Learning Center at York, 401 N. Lincoln Ave.

For more information, contact **Diane Houdek** at 800-828-0072, ext. 3634, or dhoudek@southeast.edu



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.

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:

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.

Webinar presentations are available on:

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

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	



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.



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	

For more information, contact **Diane Houdek** at 800-828-0072, ext. 3634, or dhoudek@southeast.edu

Check out all classes offered at southeast.edu/YorkLC
Find us on Facebook at facebook.com/SCCLearningCenteratYork



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
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"/> Native Hawaiian/Other Pacific Islander	<input type="checkbox"/> Asian <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.