

# **Family Matters**

## Spring 2023



### **Planning for Your Estate**

Your estate plan is unique and important. This class will give you an overview of the steps involved in creating an estate plan, including leaving a business. Getting your property where you want it to go, titling of your assets, liquidity planning and advanced planning and giving are some of the topics we will cover.

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			Keyword: Estate					
May 8	М	5:30-9:30 p.m.	\$89					
Plattsmouth, PLLC, 101	Nielsen	AREA-7126-PLSA						

## **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	Т	6:30-8:30 p.m.	\$49
LIVE Online, Zoom	Bryant	AREA-5060-TCSPA	

## **Navigating Food Allergies**

Navigating food allergies can be challenging. Learn the art of label reading, providing healthy and healing meal and snack options all while advocating for your child to keep them safe and thriving. Learn hints and strategies from a 10-year "in the trenches" multiple food allergy mom.

			Keyword: Food
May 9	Т	6:30-8:30 p.m.	\$49
Plattsmouth, PLLC, 102	Bryant	AREA-4413-PLSA	

#### From Theory to Discovery: Breaking Down Your Brick Wall with Timelines



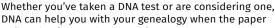
Use a timeline in your genealogical research to reveal gaps. Learn how to build a theory, pinpoint research questions, and focus your family history search to find answers in unexpected places.

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

#### **Location Key**

Plattsmouth, PLLC...... Learning Center at Plattsmouth, 537 Main St. Weeping Water, WWPL...... Weeping Water Public Library, 101 W. Eldora Ave., Suite 2

## **DNA Tells a Story**





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
April 29	S	10-11:30 a.m.	\$29
Weeping Water, WWPL	Callahan	AREA-6361-PLSA	
June 3	S	10 a.mNoon	\$29
LIVE Online, Zoom	Callahan	AREA-6361-TCUNA	

#### 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.



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



## **NEW!** Let's Do Lunch: Understanding Nutrition Labels

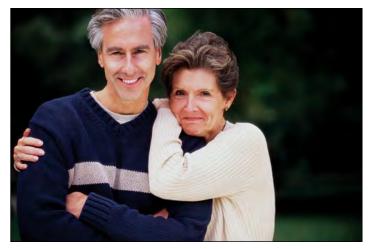
Focus on a healthier you by learning more about the nutrition labels on foods.

		Keyword: Labels	02
April 4	Т	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.

For more information, contact **Lyn Belitz** at 800-828-0072, ext. 2298, or lbelitz@southeast.edu



#### 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 presentation	is are available	on:	
April 13	Т	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.	



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



Keyword Parenting

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

management, safety and transition plans, impact of unresolved parenta 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 continuinged@southeast.edu or call 402-437-2700.

\* Separate classes provided for men and women.

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S	8:30-11:30 a.m. LLLX-2401-TCSCD	\$69
S	8:30-11:30 a.m. LLLX-2401-TCSCE	\$69
S	8:30-11:30 a.m. LLLX-2401-TCUCF	\$69
S	8:30-11:30 a.m. LLLX-2401-TCSCQ	\$69
S	8:30-11:30 a.m. LLLX-2401-TCSCR	\$69
S	8:30-11:30 a.m. LLLX-2401-TCSCS	\$69
S	8:30-11:30 a.m. LLLX-2401-TCUCT	\$69
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For more information, contact **Lyn Belitz** at 800-828-0072, ext. 2298, or lbelitz@southeast.edu

## Check out all classes offered at southeast.edu/PlattsmouthLC Find us on Facebook° at facebook.com/SCCLearningCenteratPlattsmouth

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.

- 1. 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.
- 5. 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.
- 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.

\* 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 🔀 📺 🝳

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	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.	on race, color, religion, sex*, age, marital stat	us, national origin, ethnicity, veteran s sity * The U.S. Department of Educa	status, sexual orientation, disability, or other factors prohibited tion's Office for Civil Rights enforces Title IX's prohibition on

