



Washington State Council on Aging

Meeting Title: 2022 March Washington State Council on Aging Meeting

Date: 3/22/2022

Location: Zoom Meeting

	Members Present	Appointment			Appointment
✓	Jean Kindem	At-Large East	✓	Art Swannack	Association of Counties
	Beth Anderson	AAAD Southwest WA Advisory Council	✓	Joe Sharkey	O3A Advisory Council
	Rep. Kelly Chambers (Dianna Hawkins, Leg. Aide)	WA House of Representatives	✓	Dennis Wheeler	Snohomish County AAA
	Sharon Curley	At-Large West	✓	Karol Stevens	Kitsap AAA Advisory Council
✓	Georgiann Dustin	NWRC Advisory Council		Arlen Washines	Yakama Golden Eagle Advisory Council
✓	Deb Murphy	Central AAA		Guests Present	
✓	Michele Horaney	Lewis Mason Thurston AAA Advisory Council	✓	Bill Moss	AL TSA
✓	Sandra Miles	At-Large West	✓	Cathy Knight	W4A
✓	Vacant (Sariga Santhosh sitting in)	ADS King County Advisory Council	✓	Walt Bowen	Senior Lobby
✓	Bob Scarfo	Aging & Long-Term Care Eastern Washington Advisory Council	✓	Cathy MacCaul	AARP
	Sen. Karen Keiser	WA State Senate	✓	Melanie McGuire	AL TSA
✓	Michele Blythe	Association of Cities	✓	Cameron Akita	AL TSA
✓	Kathy Medford	Southeast WA Aging and Long-Term Care	✓	Pat Johnson, David Morrow, Jean Mathison	AARP Volunteer Presenters
	Vacant	WA House of Representatives			
✓	Bruce Dougherty	Pierce County Aging & Disability Resources Advisory Board			
✓	Karen Kiessling	At-Large East			



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Topic	Key Points and/or Decisions Made
<ul style="list-style-type: none"> • Welcome • Review/approve agenda • Review/approve minutes • Action Items • Member Organization Updates • State Board of Health Recommendation 	<p>Chairperson Georgiann Dustin called the meeting to order at 9:02am and welcomed everyone.</p> <p>February meeting minutes and March agenda reviewed and approved.</p> <p>Action Items</p> <p>Bruce Dougherty discussed the purpose of advisory letters, minutes, and role of the Council in various capacities.</p> <p>Art Swannack shared that the Council has issued letters to the Governor’s Office, DSHS, and ALTSA, and that the Council does not have the authority to lobby.</p> <p>The link to the Member Repository webpage was shared to the Council.</p> <p>Other action items were reviewed and completed—a separate committee meeting link for the Public Relations Committee was added and February meeting materials had been distributed.</p> <p>State Board of Health Recommendation</p> <p>Georgiann introduced this topic and Cameron shared information regarding the State Board of Health needing a recommendation from SCoA for one of its upcoming consumer member vacancies. The consumer member position on the SBOH requires that the Governor considers recommendations from SCoA for an appointment (through RCW 43.20.030).</p> <p>Karen Kiessling offered herself as a recommendation to be considered, as a public voice.</p> <p>Deb Murphy also wished to be considered as having interest in many issues the SBOH addresses.</p> <p>Karen shared that she would withdraw from consideration.</p>



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	<p>Kathy Medford noted her work in nursing and aging & long-term care services, as well as being a voice for public health. Kathy proposed that she also be considered for this role.</p> <p>Deb shared similar interests in public health as well as the opiate crisis and other social issues in Eastern Washington.</p> <p>Chairperson Georgiann called for a vote of the two Council Members, Deb and Kathy being considered.</p> <p>Members voted by a count of 9 to 3 in favor of Kathy Medford to be recommended to the State Board of Health consumer member position.</p>
AARP Cybercrime	<p>AARP Vigilance Against Cybercrime Pat Johnson, AARP volunteer presenter and AARP member of 17 years introduced the volunteer presenters David Morrow and Jean Mathisen.</p> <p>David Morrow reviewed the agenda topics for top cybercrimes, practicing safe browsing, password security, staying safe on social media, internet of things, securing banking/credit information, staying safe when checking email, and COVID-19 scam updates.</p> <p>Top Cybercrime Scams of 2021 in WA David described car warranty scams, tech support scams, social security scams, credit card debt, job offers, IRS, weight loss, and charity scams as top cybercrime scams last year.</p> <p>Charity scams adapt to world events such as a recent tornado in Texas, refugee crisis in Ukraine, or other current events.</p> <p>All of these scams work to manipulate emotions and bore in on emotional triggers.</p> <p>General Cyber Hygiene David listed common areas of the internet that lead to more cybercrime exposure including online gambling, gaming, pornography, unofficial app stores, hacking forums and dark web websites.</p>



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David detailed the layers of the internet, including the surface web (i.e., public websites), deep web (i.e., banking or workplace sites behind a firewall), and the dark web (requiring special software to access).

How to Stay Safe Online

Use caution when remote access is granted using your login information, remembering that remote access should be initiated by the user, and remember to periodically change your passwords and “secret questions”.

Password Security

David shared the top 10 passwords for 2021 (123456, 123456789, qwerty, password, etc.).

Traditional advice includes using a complex and random combination of upper- & lower-case letters, special characters, and numbers that are regularly changed.

Password managers are helpful programs that serve as a secure repository for your login information.

Other tips include enabling two-factor authentication, turning on automatic software updates, and not reusing passwords across multiple sites.

Fighting Robocalls

Ways to limit robocalls include using the National Do Not Call register, paid/free mobile apps such as Nomorobo, Robokiller, Hiya. Landline phones have fewer tools to limit robocalls but checking with your phone provider may provide some assistance.

Tips if you receive a robocall: hang up if you answer, do not push any buttons, do not respond to any questions, or simply let the call go to voicemail.

Internet of Things

Many household appliances now are connected to the local network. It is important to consider a strong password to connect these devices and know that it is your choice to decide what is and what is not on



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your network. If connected, use a strong password, two-factor authentication if available, and put devices on their own (“Guest”) network.

Online Financial Security

When conducting online financial transactions, do not use public Wi-Fi as it is not encrypted. Consider using a VPN to encrypt connections.

If available, use a two-factor authentication for increased security. Monitor your accounts regularly and opt-out of the “Remember Me” feature for login credentials. It is also recommended to limit/eliminate the use of Debit cards, as these lack protections that credit cards offer.

How to Catch a Phish

Look at email subjects (if there is a strange word or formatting it may be a phishing email), unfamiliar email addresses, mismatched subjects and email contents, and hover over links to see its destination.

Avoid Phishing Scams

Do not click on links or scan QR codes, do not open files from strangers, and remember that if it sounds too good to be true—it probably is.

Remember the “5 Ps”

Scammers **p**retend to be from an organization you know; scammers say there is a **p**roblem or a **p**rize; scammers **p**ressure you to act immediately; scammers require you **p**ay in a specific way.

Additional AARP Resources

[Fraud Watch Network](#) call center, [Fraud Watch Friday](#), AARP volunteer program. Jean Mathisen sent additional resources and links to share with the Council.

Questions?

Art asked if there were any current scams related to Russian and Ukraine.

David suggested ransomware or indirect attacks that could target infrastructure as possibilities, and that



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	<p>this is another opportunity to change passwords, update software, and be skeptical of unknown emails.</p>
ALTSA Update	<p>Bill Moss, Assistant Secretary ALTSA <i>Legislation</i> The Medicaid LTSS bill passed, which will allow tribes to determine eligibility. There are already 2 tribes planning to opt in.</p> <p>SB5529, which provides a technical change to Individual Providers (IPs), adjusting the “self-directed” care definition passed.</p> <p>SB5745, which will increase the PNA to 300% the Federal Benefit Level and will help people better afford care passed—very pleased to pass this along.</p> <p>The WA Cares Fund had number of improvements that passed, including increasing the population served and addressing many concerns brought forward by stakeholders.</p> <p>HB1646, which continues the work of the Dementia Action Collaborative (DAC) that has worked in WA over the last 5-6 years to address dementia related issues and improve awareness and education, passed with funding provided.</p> <p><i>Budget</i> The 2022 supplement budget increased funding by around 9%, or \$677M carried into the next biennium. ALTSA passes roughly 93% of funds to clients and their services and uses only 7% for administrative costs.</p> <p>Provider rate increases will go through July 2022 and will reduce every 6 months to lessen the impact on providers.</p> <p>Funding was provided to lower case management ratios, as well as to address the acute care hospital capacity.</p>



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Funding increases were provided to address a lack of caregiver staff in long-term care settings through an 8% increase for assisted living facilities, as well as through nursing home rates to increase hourly wages of low-wage direct care and indirect care workers up to \$4/hour.

Additional funding went towards behavioral health staffing and providing personal protective equipment (PPE) for providers.

Consumer Directed Employer

The deadline of April 1st approaches to transition of remaining IPs to become employees of CDE, and is close to 75% complete. IPOne is the legacy system that has been used to pay these IPs.

Questions?

Bruce asked if there were any wage increases for home and community-based services similar to the nursing and assisted living facilities' increases.

Bill noted that these were not included this year, and also that it is important to remember that home care workers have collective bargaining. Adult family homes are another concern, with collective bargaining happening in the spring. Assisted living facilities, without a bargaining unit, received an 8% increase.

Bruce followed up by asking if the legislation provided for auditing to ensure funds go to wage increases.

Bill clarified that the legislation did instruct the department to audit this funding.

Bill expressed to the Council that this would be his last opportunity to address SCoA with his retirement approaching, and that Bea Rector would be stepping in as interim Assistant Secretary, who has done excellent work. Bill thanked the Council for all the advice they had provided over the years.

Council expressed many thanks to Bill, discussed plans after ALTSA, and left an open invitation to visit.




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Break	
Partner Updates	<p>W4A, Cathy Knight Cathy noted that this year's supplemental budget has been transformational as a high-water mark for long term services and supports.</p> <p>Cathy expanded on Bill's update, noting that the PNA had previously forced clients into choosing between care needs and household needs, but they can now keep double what they had previously been allowed which addresses this key dignity issue.</p> <p>Case management was a big issue following the recession and providing proviso language to provide AAA parity to the state is a continued need as this was not kept in the legislation.</p> <p>A continued effort will be going towards tackling issues such as self-neglect, as well as AAAs working through the transition of providers to the CDE. Ensuring a successful transition to the CDE is very important to maintain the network of providers.</p> <p>Cathy shared that this is a great time to look to the future and continue meeting with the Council.</p> <p>Senior Lobby, Walt Bowen March's meeting of the Senior Lobby happened yesterday (3/21/22), where time was set aside to recognize Bill Moss. October 20th will be this year's Senior Lobby Fall Conference, and this will be another opportunity to recognize Bill.</p> <p>A report of activities from the legislature was provided at Senior Lobby and will be sent to the Council.</p> <p>The March meeting also focused attention on aging in place with particular attention to nutrition. Time was spent celebrating the 50th anniversary of the Senior Nutrition Program, talking about food insecurity, and learning about the Senior Farmers Market Nutrition Program.</p> <p>AARP, Cathy MacCaul</p>



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	<p>Cathy shared a presentation on AARP's advocacy update.</p> <p>Detailed in the presentation were the WA Cares Fund bills to delay implementation/expand access and add exemptions; the passing of the Prescription Drug Affordability Board; the passing of a bill to increase access to charity care; increasing the PNA; technology bills to lower costs and increase supports; the accessory dwelling unit (ADU) bill did not pass.</p> <div style="text-align: center;">  <p>AARP Advocacy Update 3.15.22.pdf</p> </div>
<p>Committee Meetings</p>	<p>[Breakout rooms 11:12am-11:30am]</p>
<p>Committee Updates</p>	<p>Social Isolation & Engagement Committee</p> <p>Karol Stevens addressed the committee's focus of aging in place as a less costly and safer option during the pandemic, noting the need for a strong social network to fight against social isolation.</p> <p>To help answer the question of how social networks become stronger, Bob Scarfo recommended the book "Neighbors: The Power of the People Next Door", which details how leveraging community connections and creating multigenerational housing can make aging in place a better option.</p> <p>Many similar projects have modeled after the book "Neighbors", one of which comes out of Spokane called Building Ohana. This program works to develop strong multigenerational community among individuals with developmental disabilities, families of all ages, and retired adults, building strength from its diversity.</p> <p>The committee proposed to invite Deb Finck, Executive Director of Building Ohana come in to speak to the Council about building social networks that make people safer within their communities.</p> <p>Legislative Committee</p> <p>Art Swannack discussed the committee addressing the topic of self-neglect with Cathy Knight, and how</p>



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	<p>this will be a complex issue moving forward.</p> <p>The following year's legislative session will be a full session, and it was noted that 23 legislators indicated they will not run again.</p> <p>With broadband access as a legislative priority, it was noted that the state broadband director recently moved to a position in the private sector.</p> <p>Walt Bowen shared that the JLEC, a legislative committee that SCoA has been supportive of in the past, will be holding hearings soon, and that he would share the schedule when available. Walt also noted that SCoA can have a role in educating new legislators on senior issues.</p> <p>Art shared that the DAC, which Bill noted as being codified, has a SCoA slot on the committee.</p> <p>Public Relations Kathy Medford shared that the committee would be sharing a letter to the editor through Cameron to distribute to the group, and that they committee decided it did not need the extra time past 12:00 for a separate meeting.</p>	
New business, Public Comment	<p>A member survey would be distributed to ask about resuming in-person meetings.</p> <p>Motion to adjourn meeting approved at 12:05pm.</p>	
ACTION ITEMS	Assignee	Due Date
Outreach for Building Ohana	Bob Scarfo/Georgiann/Cameron	ASAP
Begin developing OAM LTE	Public Relations Committee	Before May Meeting
Distribute in person meeting survey	Cameron Akita	ASAP