



SENATOR MANKA DHINGRA

Democrat, 45th Legislative District

2019 Legislative Update, Vol. 2



We are now one-third of the way through the 2019 session! The last few weeks have been extremely hectic - I hope you were able to stay warm and safe during the snow-storm that rocked our region.

I want to thank all the city and county workers for making sure our roads were safe during the storm. Thank you to all the constituents who called my office asking for assistance. I am glad we were able to help and please always feel free to reach out.

2019 LEGISLATIVE PRIORITIES

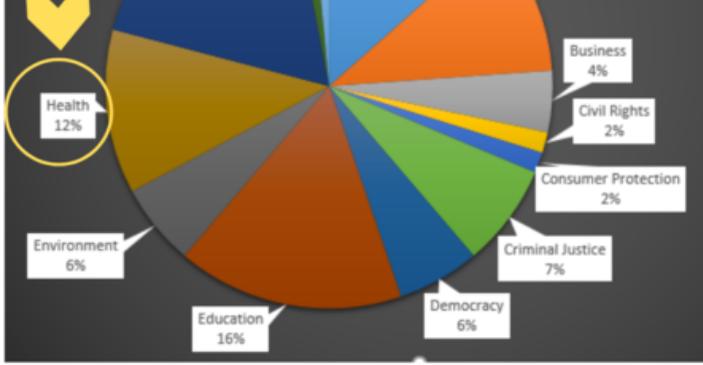
Feb. 28, 2019



State Senator Manka Dhingra is a Senior Deputy Prosecuting Attorney with the King County Prosecuting Attorney's Office.

She serves on the boards of NAMI (National Alliance on Mental Illness) Eastside & Hopelink.

Manka also founded the nonprofit, API Chaya, which provides resources to survivors of domestic violence.



If you are interested in an easy way to follow the progress of these bills and anything I sponsor in the future, simply [click here](#).

Fruit and Vegetable Incentives Program for Low-Income Families, 5583

One of the most significant predictors of health is nutrition. In our state, over 900,000 people face food insecurity, many of whom live in the 45th district.

Given that fruits and vegetables are more expensive than processed food, families on food assistance program are not as likely to purchase fresh options because they need their benefits to stretch longer.

SB 5583 creates a program which would encourage more consumption of fresh fruit and vegetables by giving matching funds to beneficiaries, so they buy more healthy foods. This will make a huge difference for families that cannot afford to buy fresh produce otherwise.

We produce enough food in this state to feed us all, and must do more to give our neighbors access to healthy food sources.

Ending Female Genital Mutilation

Female genital mutilation (FGM) is a procedure performed on a woman or girl to alter or injure her genitalia for non-medical

Last week, I hosted a page from the 45th LD named Claire.

She spent much of the week learning about the legislative process and even got to participate in a mock floor debate.

I hope she had a great time and will come back to Olympia to visit our office soon.

Click the icons below to follow what I'm doing on social media.



Office information -

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Affordable Care Act Protections, 5805

Before the implementation of the ACA, it was common for people to be denied health coverage because of a pre-existing condition. SB 5805 would guarantee citizens of Washington that their health coverage is protected in the state, regardless of what happens at the federal level.

There have been many attempts to get rid of the ACA on the national level, and we need to assure Washingtonians that they won't be denied coverage due to an illness.

Long-term Care Trust, 5331

A growing crisis that our state is facing revolves around how we provide adequate long-term care for our seniors. Most of us don't feel prepared to meet the rising cost of long-term care for ourselves, let alone for other family members. I, myself have a healthy, vibrant 94 year old grandmother. The Long-Term Care Trust Act would set up a new benefit that allows people to contribute a little bit throughout their working decades and will provide up to \$36,500 in lifetime benefits.

Families would get to decide how to spend their benefit, which could pay for in-home care, nursing home care, and other approved long-term care services and supports like respite, a wheelchair ramp, Meals On Wheels or rides to the doctor.

Adult Family Homes, 5672

Adult family homes are cost-effective and a critical component for providing care for our seniors. Our state's current Medicaid rates are too low for adult family homes to take individuals with developmental disabilities and dementia.

These seniors are some of the most vulnerable and often end up in hospitals instead of getting the care they need.

to Olympia to serve as legislative pages. Legislators sponsor the pages, who assist with the Legislature's work by making deliveries and performing other necessary tasks.

Pages spend a portion of each day attending Page School, which provides an opportunity to learn about the role of the Legislature, its process and its participants. The Legislature employs a certificated teacher with experience teaching civics and social studies, along with an assistant teacher. They bring a wealth of knowledge, experience, and enthusiasm to the Page School program.

For the Monday-through-Friday work week that they serve, pages are paid \$35 a day. Pages do not work overtime or on weekends, regardless of the Senate's work schedule.

Requirements to be a Senate Page are as follows:

- 1. Parent/Guardian permission is needed;***
- 2. School's permission/recommendation;***
- 3. Senate sponsor;***
- 4. Social Security card (student must bring with you the week you serve); and***
- 5. Must be at least 14 years of age and not have reached your 17th birthday***

Completed/signed applications may be faxed to 360-786-7450, e-mailed as a PDF enclosure to Manka.Dhingra@leg.wa.gov

For more information about Washington state's nationally recognized, award-winning Senate Page Program, or to download an application, [CLICK HERE](#).

Thirty-nine hundred Washington minors are becoming regular smokers each year. SB 5057 would raise the smoking age to 21 in our state.

Ninety-five percent of adult smokers began before the age of 21.

At that age, the brain is more susceptible to becoming addicted to a variety of substances, including nicotine. Our drinking age is 21, it should be the same for smoking.

movement
State bill would require comprehensive sex education in public schools

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This service is provided to you at no charge by [Sen. Manka Dhingra](#).

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