From: Marcia Okazaki Chow <moshopping@aol.com>

Sent: Thursday, November 11, 2021 12:18 PM

**To:** Office State Actuary, WA **Subject:** COLA for plan 1 retirees

## CAUTION: External email.

I am a TRS Plan 1 retiree. Every year I watch my pension lose spending power due to the lack of a cola that would allow me to pay all my bills that keep going up. Our only option is to start cutting back on essentials. Our golden years have become less golden. I have been forced into substitute teaching to pay bills instead of enjoying retirement after teaching 37 years. Please pass a permanent cola for plan 1 retirees.

Thank you,

Marcia Chow

## Sent from my iPad

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