
From: Joan Helm <2jhelm@charter.net>
Sent: Friday, November 12, 2021 9:06 AM
To: Office State Actuary, WA
Subject: TRS plan 1 COLA

CAUTION:External email.

TO: SCPP Committee Members
FROM: Joan L. Helm
P.O. Box 446
Waitsburg, WA 99361

After teaching 27.5 years in Washington I retired in 2000. Since retirement I have received three COLAs, totaling 7.5%.
Meanwhile the inflation rate has increased 58%, and my county taxes have more than doubled.
With the prediction of an inflation rate of almost 6% I urge you to recommend a 3% COLA for Plan I retirees.

Joan L. Helm
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