Sent: Monday, November 15, 2021 10:18 PM

**To:** Office State Actuary, WA

**Subject:** Plan 1 COLA

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## Dear Committee Members,

At the time of my retirement ten years ago, I felt that after working for forty years I had a substantial pension. However, now I see how quickly that pension dissipates with the increased cost of health insurance premiums, Medicare, food, gasoline, property taxes and inflation.

Retirees in Plan 1 need a consistent and substantial COLA to prevent further loses to purchasing power.

Thank you for your consideration.

Brenda Cook

## Sent from my iPhone

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