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**From:** Joan Helm <2jhelm@charter.net>  
**Sent:** Friday, May 13, 2022 10:18 PM  
**To:** Office State Actuary, WA  
**Subject:** TRS Plan 1 COLA

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SCPP Committee members

Enrollment in TRS Plan I closed September 30, 1977, which is nearly 45 years ago. Many of us are in our eighties and have been retired for more than 20 years. The COLAs we have received are appreciated however additional COLAs are needed because of the rate of inflation. My last teaching contract, with 29 years experience, was issued for the 1999-2000 school year, with a salary of \$48,505.00. Today the average salary for a beginning teacher in Washington state is \$49,203.00. It is difficult to live in the 21st century with retirement based on wages earned in the 20th century.

I urge your committee to support a COLA for the 2023 budget.

Thank you for your service to Washington state and this important committee.

Joan Helm  
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