

**From:** [Hi from Donna](#)  
**To:** [Office State Actuary, WA](#)  
**Subject:** Plan I COLA  
**Date:** Saturday, September 17, 2022 12:11:53 PM

---

**CAUTION:** External email.

My name is Donna J. North and I am a PLAN 1 Retiree, I have been retired 25 years and have only received three cost of living adjustments over that time. I am struggling to keep up with inflation, especially now. I am asking you in the strongest possible terms to recommend a Plan 1 COLA to the 2023 Legislature. I am counting on you to help me.

Sincerely,

Donna North  
14945 105th Avenue S.E.  
Yelm, WA 98597

**CAUTION:** This email originated from outside of the Legislature. Do not click links or open attachments unless you recognize the sender and know the content is safe.