

**From:** [dlpomeroy@sosmail.us](mailto:dlpomeroy@sosmail.us)  
**To:** [Office State Actuary, WA](#)  
**Subject:** TRS 1 COLA  
**Date:** Monday, September 19, 2022 5:08:44 PM

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To Whom It May Concern,

I am a TRS 1 retiree and have been retired for 7 years. Since the cost of living is rising each year, a COLA for each year would be greatly appreciated. Living on a fixed income is hard especially with the rising inflation. I am asking you in the strongest possible terms to recommend a Plan 1 COLA to the 2023 Legislature. It would be a great relief if the COLA would become a permanent adjustment each year.

Sincerely,

Lanita Pomeroy

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