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**From:** jack.tait@frontier.com  
**Sent:** Sunday, September 18, 2022 7:57 PM  
**To:** Office State Actuary, WA  
**Subject:** Cola for Plan 1 teachers

CAUTION:External email.

Please consider some cost of living adjustment for Plan 1 people.

I retired after 31 years teaching in 2000 and except for the 3% from last year my retirement has stayed the same . I was due to get the COLA when I turned 68 but that was delayed due to using the funds to balance the budget , that was 7 years ago . Therefore I lost even more buying power with not receiving my owed benefit for 7 years.

The amount that I make now does not begin to cover the increase in costs of all items from insurance to regular food items .

Please consider any increase that could be added the regular retirement so that we can pay the monthly bills Thank you  
Charlotte Tait

Sent from my iPhone

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