

From: [A P](#)
To: [Office State Actuary, WA](#)
Subject: Plan 1 COLA Legislation
Date: Monday, November 6, 2023 8:34:51 PM

CAUTION:External email.

Hello Select Committee on Pension Policy,
I am a retired public school nurse.
Adequate COLAs are essential for retirees to maintain good health.
I support a Plan 1 COLA and raising the cap to 3% up to \$125 per month.
This is a reasonable policy which I urge you to adopt.

Sincerely,
Alice Flegel
Rochester, WA

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