

**From:** [Leslie Stockton](#)  
**To:** [Office State Actuary, WA](#)  
**Subject:** Plan 1 Cola  
**Date:** Wednesday, November 1, 2023 3:00:31 PM

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To the Select Committee on Pension Policy:

I am asking you to support a Plan 1 COLA for 2024 and an annual permanent COLA. I am a TRS 1 retiree and my income hasn't been able to keep up with all of the increases in cost including insurances, property taxes, utilities, food and gas to name a few.

I am also asking that the cap be raised as my pension isn't high enough to enable me to get the full 3% increase, which last year was \$110. I believe a COLA cap of \$125 per month is appropriate.

Thank you for your work and service. Please support my request.

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