

---

**From:** Fran McL <tatooshie@gmail.com>  
**Sent:** Thursday, November 11, 2021 1:45 PM  
**To:** Office State Actuary, WA  
**Subject:** COLA for PERS 1 Retirees: Urgently Needed!

**CAUTION:**External email.

Hi, my name is Frances McLaughlin a state retiree after 31 years service for DSHS. My surname while employed was Pieterman. I am divorced and live very modestly, and pay all my own costs from my own funds.

Please approve a permanent cost of living adjustment for Pers 1 retirees, I am a renter, and my rent amount has increased by at least 100% in last few years. I recently moved to an even cheaper apartment to try to cope with inflation and increased costs in groceries, and other needs. The medical coverage is good but for me, even the copays for medical/dental/prescriptions are challenging.

I am unable to have much in savings, despite having worked hard, been responsible all my adult life. I had to sell the car I was buying, luckily friends were buying a new car and gave me their old one, as life would be almost impossible without a car.

A yearly COLA would be incredibly helpful and ease my worries about managing finances a great deal.

Thank you for your time and all you do.  
Frances McLaughlin (was Pieterman)  
(253) 359-4314

**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.