
From: Diana K <sdkildow@thurston.com>
Sent: Monday, September 26, 2022 11:15 AM
To: Office State Actuary, WA
Subject: Cost of Living, Plan 1 Retired

CAUTION:External email.

I'm writing to encourage you to please support the Plan 1 COLA for 2023. I retired in 2004 from Chehalis School District after 33 years of teaching. I am very worried about the 2023 rising cost of medical insurance. Depending on the medical plan I choose (and the most popular by retirees) , I could see an increase in premiums of \$80/month. In the 18 years I've been retired, I have received three cost of living adjustments. Please help! Thank you. Diana Kildow, 4021 116th Ave SE, Olympia.

Sent from [Mail](#) for Windows

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.