

From: [Ellen Cholski](#)
To: [Office State Actuary, WA](#)
Subject: Cola for Plan 1
Date: Saturday, December 9, 2023 9:48:33 AM

CAUTION: External email.

I have been retired for 26 years and can only remember receiving two COLAs during that time. My state retirement needs help. Please help and give us old folks a permanent COLA.

Yours,
Ellen Cholski

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