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**From:** Penny Garrison <pgarrison07@gmail.com>  
**Sent:** Saturday, October 8, 2022 4:52 PM  
**To:** Office State Actuary, WA  
**Subject:** Plan 1 COLA

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Dear Chair Conway and Committee Members

My husband and I wish to thank SPCP members for their help obtaining recent one-time only COLAs for Plan 1 members. With rising costs of living, the extra money was appreciated. We request the SPCP recommend another one-time only Plan 1 COLA of at least 3% to the 2023 Legislature and also urge the Legislature to establish a guaranteed cost of living adjustment each year for Plan 1 members.

Bob and I began teaching in 1969 with salaries in the \$5,000 range. It seemed like a lot of money at that time. Salaries remained low until the state took control of the pay scale. When my husband retired in 2001 after teaching 31 years, his top salary was mid-\$30,000--a salary of today's beginning teachers. I retired in 2005. Neither of us received a COLA until the SPCP recommended the 1 and 1/2 % a few years ago. Prices on goods and services are continually rising. We would appreciate your help!

A fellow 30+ year teacher and Plan 1 member, Sibyl Wehmeyer, a widow, also hopes for another COLA. After surviving breast cancer, she is having heart problems. Her doctors recommended a medicine that had excellent results with few side-effects, but cost \$500 out-of-pocket until she reached a certain threshold of money; then the cost would drop. She said she couldn't afford it. Now, she's on a lesser drug that Doctors didn't want her to use. A COLA would help her with expenses.

Thank you for your service on the SPCP and for considering another Plan 1 Cola.

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