From:	Sandra Kennedy <slkennedy1@comcast.net></slkennedy1@comcast.net>
Sent:	Thursday, September 15, 2022 11:36 AM
То:	Office State Actuary, WA
Subject:	Plan 1 COLA

CAUTION:External email.

My name is Sandra Kennedy. I've been retired 22 years and have only received 3 COLAS in that time. Please recommend a Plan 1 COLA to the 2023 legislature. Food is so expensive, due to inflation, and is impossible to afford on the present Plan 1 remuneration. these days. Please help. I served the children and families of this state for 31 years. It is hard, but necessary to ask for help. 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.