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**From:** Eileen Perfrement <biddinger.gene2@gmail.com>  
**Sent:** Tuesday, August 23, 2022 12:40 PM  
**To:** Office State Actuary, WA  
**Subject:** Washington State School Retirees Association

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Dear Committee Members,

I am a Plan 1 Teacher's Retirement System member. I retired in 2014. The COLAs I have received in the last 8 years have been inadequate to keep up with my expenses due to inflation. I am a widow with a mortgage living on my social security and retirement plan, and a small amount from my late husband's Public Employees Retirement System plan. It is very difficult to have a secure source of income to meet all my needs. At the age of 75 with physical limitations, returning to work is not an option.

A permanent COLA with provision for automatic increase based on inflation would go a long way to make life easier.

Thank you,  
Eileen Perfrement  
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