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**From:** Betsie Blaine <BetsieBlaine@hotmail.com>  
**Sent:** Monday, October 17, 2022 11:12 AM  
**To:** Office State Actuary, WA  
**Subject:** TRS Plan 1 COLA

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Dear Committee Members,

I am writing you again to encourage a substantial COLA for those of us teachers who retired in Plan 1. I retired in 2005 and have only received three COLA adjustments since then. Social Security has raised its COLA for next year by 8.7%, reflecting actual inflation based on CPI. I encourage you to recommend our pension be increased by that amount so that we do not continue to fall further behind. Also, please recommend a yearly COLA at least as much as the police and firefighters receive.

When I started my career in 1967, most of my colleagues were women. Only lately has the number of men increased in our profession. Police and Firefighters have historically been men and their careers have received sufficient COLAS this whole time. Not receiving a fair retirement sum seems neglectful and degrading to those of us women who are older. You have the power to remedy this situation and I implore you to do so.

I am needing to access my meager 403b to meet financial needs during a time when it has lost 25% of its value. My Medicare Advantage co-pay has increased 50%. I have only been to one restaurant in these last two years. You understand all of the inflationary pressures, I'm sure! I even voted for the Snohomish School's levy last year, but fear I may not be able to do the same going forward. You can help our future improve.

Sincerely,

Betsie Snoey  
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