

**From:** [G & L Pappas](#)  
**To:** [Office State Actuary, WA](#)  
**Subject:** TRS 1 COLA  
**Date:** Tuesday, September 20, 2022 8:37:16 AM

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To: Select Committee on Pension Plan Policy

My name is George Pappas and I have been a TRS 1 retiree for 22 years (since 2000). Inflation has continued to chip away from my purchasing power over the past 22 years. Aside from my Teacher's Pension, my wife and I only receive Social Security benefits as our source of income. It has become increasingly more difficult to keep up with increased inflation costs.

Please recommend a Plan 1 COLA to the 2023 Legislature. I think it is much needed by all Plan 1 retirees. Thank you in advance.

Sincerely,  
George Pappas  
8420 215th St SW  
Edmonds, WA 98026

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