
From: J Robinson <jrobin5050@aol.com>
Sent: Saturday, November 12, 2022 8:42 AM
To: Office State Actuary, WA
Subject: COLA TRS 1

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I am a Plan 1 retiree who is struggling to make ends meet. Although I am grateful for the three small cost of living increases that I have received, they don't even come close to covering increases I have had in my taxes, food costs, medication increases and health insurance to name just a few. Back in 1995 I realized it would be prudent to have long-term care insurance and now, in order to just maintain the same coverage, my premiums are more than doubling. Each month I try to prioritize what gets covered and what gets covered (or even dropped) or put off until next month. It is a challenging and painful endeavor.

Currently I am trying every angle for decreasing food expenses and have had to revert to the type of menu that I had during college days and at the beginning of my teaching career , eg. Tuna casseroles that stretch out over a couple of days. This is certainly not the lifestyle I was expecting after a 30-year career in education. But, my salary and resulting pension was nowhere near what the current educators receive.

I am frustrated when I see all the other plans and current workers getting increases that help to offset inflation. In the meantime, my pension is continuing to go backwards.

Respectfully, I am asking you to consider a minimum 7% cost living increase. I also strongly urge you to implement a permanent COLA for Plan 1 as soon as possible. I and my fellow Plan 1 colleagues need help. Don't forget us.

Sincerely,

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