From: Heather Whidden <hmw0916@gmail.com>

Sent: Sunday, November 6, 2022 8:09 AM

**To:** Office State Actuary, WA

Subject: COLA

## **CAUTION:**External email.

Dear WSSR,

As a former educator of 21 years; retired for 4 years I support and would strongly encourage you to consider a 4% COLA for retired teachers to begin to catch up with inflation.

In fact, I feel that a COLA should be yearly. At this time, I see how much impact we have and have had on our future generations.

As educators we have worked hard over

the years to do one of the most important jobs there is in this world, educate our youth. I often reflect on the fact that if I hadn't been married to a working spouse, I would not have been able to support my family on my salary.

Please consider at the LEAST giving retired educators a 4% COLA for 2023 and then again in 2024. It is difficult to live on my current pension and social security. As former government employees, please have respect for us and our future as seniors.

Thank you,

Heather Whidden

Age 65

Former Upper Elementary School and Middle School Teacher

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