
From: Joan Helm <2jhelm@charter.net>
Sent: Wednesday, October 12, 2022 4:46 PM
To: Office State Actuary, WA
Subject: TRS Plan I COLA

CAUTION:External email.

Senator Steve Conway and SCPP members,

After a 30 year teaching career, I retired in 2000. Inflation continues to erode my retirement benefits. I am an 82 year old widow. I live independently in the family home, located in Waitsburg. Since retirement I have received 4 COLAs, totaling 10.5%. This has been helpful, however my rate of inflation remains above 50%. My basic household expenses have raised over 50%. With the price of fuel over \$5.00 a gallon I try to limit the 40 mile round trips to Walla Walla. A trip to the grocery store has increased almost 15% in recent months. My property taxes have increased 65% since retirement. I urge the SCPP to recommend a COLA be included in the 2023 budget. Thank you for your service to Washington state and for serving on this important committee.
Joan L. Helm

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