

From: [BRITT NEDERHOOD](#)
To: [Office State Actuary, WA](#)
Subject: Plan 1 Cola
Date: Thursday, November 2, 2023 1:05:23 PM

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11/2/2023

Dear Select Committee on Pension Policy,

I am a teacher who has been retired for fifteen years (Plan 1) and find my income/purchasing power shrinking every year. Medical insurance alone for my wife and I is now over \$1,000 a month. I'm looking at needing to move out of my home, because of the rising tax burden.

Like many Plan 1 retirees, we are desperate for a Plan 1 COLA for 2024 and hopefully, a annual, permanent COLA

Thank you for your work and service. Please support my request.

Britt Nederhood
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