From: Jerry Cummins <wwballoon@gmail.com>

Sent: Sunday, May 15, 2022 6:44 PM
To: Office State Actuary, WA
Subject: TRS-1 (Plan 1) COLA

CAUTION:External email.

Greetings:

I want to join many of my retired colloquies in voicing that inflation is crippling our retirement. The Federal Government announced recently inflation has risen 8.4% since this time last year. I retired in 2000, and I have lost approximately 47% of my purchasing power. Our medical insurance has risen dramatically since I retired. Gasoline was \$.72 cents a gallon when I retired—today it was \$4.99 a gallon. Since retirement, I believe I have received approximately \$85.00 in actually cash improvement in my retirement. I do not believe I should have to drive thru food bank lines and ask for food. Please allow a decent COLA for Plan-1 TRS-1 and PRS-1 retirees.

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