

From: [J Robinson](#)
To: [Office State Actuary, WA](#)
Subject: COLA for TRS Plan 1
Date: Wednesday, November 8, 2023 7:59:05 AM

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I am a Plan 1 retiree who is struggling to make ends meet. Although I am grateful for the 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 and health insurance increases this year 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 or put off until next month. It is a challenging and painful endeavor.

Though Social Security will go up 3.2% the cost for Medicare and secondary insurance will offset that and there will be even less to use for other necessary items.

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. Tuna casseroles that stretch out over a couple of days has become a staple once again.. This is certainly not the lifestyle I was expecting after a 30-year career in education. My ending salary and resulting pension was nowhere near what the current educators receive.

It is frustrating to 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 cost-of-living increase. I also strongly urge you to implement a permanent COLA for Plan 1 as soon as possible. My fellow Plan 1 colleagues and I need your help. Please don't forget us.

Sincerely,

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