

Living without a COLA

It is becoming increasingly difficult to manage on Social Security and KPERS with no COLA, as ALL expenses continue to increase.

I was a stay-at-home farm wife and mother in south-central Kansas, and did not begin working off the farm until in my 40s. As a school Food Services Director, my salary was lower than those for teachers and administrators, so very little retirement savings could be built. I have been single since 1989, and have always had to be on a very tight budget.

I retired in 2010, and with constantly increasing costs for everything, it has become more challenging and worrisome to get by. Regular COLA increases are vital.

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