



**EVERY AMERICAN
DESERVES TO RETIRE
WITH DIGNITY.**

KCPR Postcard Project and Draft Messages

Overview

As retired public employees, you have the opportunity to change the minds of lawmakers and to advocate for a cost-of-living adjustment (COLA). It has been 22 years since Kansas retired public employees have received a COLA, and this year is better than ever to advocate for one. One way to advocate for a COLA is by having conversations with lawmakers and dropping off postcards at their offices with a personal message. Below you'll find some draft messages as well as some instructions for filling out these cards and delivering them to lawmakers.

Instructions

1. Using a black pen, write your personalized message on the back of three different cards.
2. Once we get to the capitol, one card will be delivered to your state representative and a second to your state senator.
3. The third card will be for the governor. As a group, we will all meet and walk to the governor's office together.

Draft Messages

1. *It has been ## years since I've received a COLA. Retirees like me need relief.*
2. *I protected and served my community for [ENTER YEAR] years. I need a COLA to survive.*
3. *It has been too long since retirees have received a COLA. We need one to survive!*
4. *22 years is too long to go without a COLA. I need a COLA to keep up with inflation.*
5. *I was a [ENTER PROFESSION] for [ENTER YEAR] years. I served my community, but now I'm having trouble getting by in retirement. I need a COLA.*
6. *A COLA has never been as needed as it is now. 22 years is too long.*
7. *A COLA would help my family make ends meet in retirement.*
8. *My family and community are counting on you to do the right thing: Pass a COLA this year.*
9. *50% of KPERS retirees receive less than \$1,000 in monthly benefits. We need a COLA!*
10. *88% of retired public employees have never received a COLA. We need one to survive.*