



COLA FY'26 Update

The Governor and the Legislature have proposed a 3% Cost-of-Living Adjustment (COLA) for retirees on the first \$13,000 base pension. This provision is now before the FY'26 Conference Committee.

COLA updates will be posted on our website when they become available.

[Click here to track the progress of the Legislature's budgetary process](#). If you have questions about the COLA amount or base, please contact your [local state legislator](#) or the [Governor's Office](#).

Last month, we reported on two pieces of legislation ([H. 2794](#) / [S. 1808](#)) before the Joint Committee on Public Service. At this time, there is no update on either piece of legislation.

When the Stock Market Goes Down, What Happens to My Pension?

An article published in the Alabama Retirement System's newsletter, *The Advisor*, asked, "When the stock market goes down, what happens to my pension?" The answer for Alabama retirees is the same as for Massachusetts retirees...nothing happens! Your pension benefit will remain the same.

Upcoming Change to June Benefit Payment

Some of you may notice changes to the June monthly pension amount you receive at the end of the month if you have health insurance benefits administered through the Commonwealth's Group Insurance Commission. The monthly premium deduction for many plans through the GIC will change beginning in June. To view the new rates or for more information, go online to mass.gov/gic.

Note: all benefit recipients will receive a paper pay statement for the June payment.

June Pension Payment

The next pension benefit will be direct deposited on Monday, June 30, 2025, the last business day of this month.

The **MSRB 2025 Pension Payment Calendar** is available on our website and can be downloaded; [click here](#).

June Is World Elder Abuse Awareness Month

Throughout the month, government agencies, businesses, and organizations

Massachusetts State Employees' Retirement System (MSERS) members have their benefits calculated using their age factor, years of service, and the 36 or 60 consecutive months' salary average (depending on their hire date).

The MSERS pension benefit is for life and will not change if there are stock market fluctuations. In the words of Jo Moore in the article linked below, the pension system "offers peace of mind and financial security, regardless of market conditions. This is why we fight to protect your pension!"

To read the full article, [click here](#).

How to Request a Pension Verification Letter (Proof of Pension Income)

A Pension Verification Letter is an official letter from the Massachusetts State Retirement Board (MSRB) that verifies your monthly pension income earnings.

This letter is often used when proof of income is needed. If you receive MSERS pension benefits, proof of benefits is usually required when applying for Medicare, loans, mortgages, assisted housing, disability, or other retirement benefits.

The Pension Verification Letter verifies the following information:

- Gross Monthly Amount
- Federal Tax
- Health Insurance
- Life insurance
- Net Monthly Amount
- Effective retirement benefit date
- Effective date the current monthly gross amount has been in effect
- The retirement benefit will continue for life

To request a Pension Verification Letter,

sponsor events to raise awareness of the cultural, social, economic, and demographic processes affecting elder abuse and neglect.

According to an article on [Social Security's website](#), abuse victims may have some behavioral red flags, such as depression, fear, anxiety, or intentional isolation. Some signs of neglect may include poor hygiene, lack of necessary medical aid, unpaid rent, or unexplained payments.

The article stresses that if you suspect someone is a victim of elder abuse, you can contact your local [Adult Protective Services](#) and the [National Center on Elder Abuse](#) at 1-855-500-3537.

If you or someone you know is in a life-threatening situation, call 911.

How to Handle a Job Interview When You Are Over 50

Have you recently considered re-entering the job market? The way interviews are conducted has changed in the past few years with the advent of more complex artificial intelligence (AI) and the shift to hybrid work environments.

This article from Next Avenue provides some advice on applying and interviewing for jobs for people over 50. [Click here to learn more](#).

7 Surprising Reasons to Wear Sunglasses

While sunglasses may sometimes be considered a fashion statement, they can also provide crucial protection on sunny days.

If left unprotected, the sun can damage

send an email to srb@tre.state.ma.us. Please be sure to include your full name and the last four digits of your Social Security number or MSRB ID number if you know it.

Impacted by the Government Pension Offset? You May Want to Apply Again!

The Social Security Fairness Act, which was signed into law on January 5, 2025, repealed the Windfall Elimination Provision (WEP) and Government Pension Offset (GPO). While this has been a welcome change to many individuals previously impacted by these federal laws, some still question when and how Social Security will implement this law.

[According to this article posted](#) on MSN by Gabriela León, if your spousal or survivor benefits were reduced to zero due to the impact of the Government Pension Offset, you may want to reapply for these benefits with the Social Security Administration.

You can contact Social Security by calling (800) 772-1213. If you're deaf or hard of hearing and use TTY equipment, call their TTY number at (800) 325-0778. The Social Security Administration's telephone hours are 8:00 a.m. to 7:00 p.m., local time.

Have you recently updated your email? Or did you receive this *Retiree eNews Bulletin* as a forwarded email from a friend? Let us know! You must complete the [Benefit Recipient Change of Address](#) form on our website. Fill in your personal information at the top of the form, including your email address. In the spot on the form that asks for "Old Address" and "New Address," you can

your eyes and potentially cause eye strain and an increased risk of developing cataracts, skin cancer, or melanoma. [This AARP article](#) looks at seven reasons you may want to consider wearing sunglasses when you are outside.

Board Staff Wishes Everyone a Happy and Safe Fourth of July!



Friendly Reminder: Make Sure Forms are Neatly Filled Out

An easy-to-read form helps our staff accurately enter or update your information and avoid potential processing delays. Please use clear and neat handwriting if you cannot complete a form using your computer. Thank you!

Is there something you would like us to communicate in an upcoming ***Retiree eNews Bulletin***? If so, let us know!

Email your request or comments to MSRBCommunications@tre.state.ma.us.

We look forward to hearing from you!

mark "N/A."

The form must be signed and dated. It can be scanned and emailed to MSRBCommunications@tre.state.ma.us or mailed to **Massachusetts State Retirement Board, One Winter Street, 8th Floor, Boston, MA 02108.**

Past issues of our newsletter publications can be found on our [website](#).

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Note: MSRB phones are answered Monday - Friday, 8:00 a.m. - 5:00 p.m., except on state holidays.

Drop-off hours at both offices are Monday-Friday, 10:00 a.m. - 3:00 p.m., except on state holidays.
