



# FRIDAY ALERT



**Alliance for Retired Americans**

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[www.retiredamericans.org](http://www.retiredamericans.org)

Spanish version: [www.alianzadejubilados.org](http://www.alianzadejubilados.org)

**October 24, 2025**

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## **Officials Announce 2.8% COLA Increase for Social Security Beneficiaries**

*The following statement was issued by Richard Fiesta, Executive Director of the Alliance for Retired Americans, regarding the announcement that there will be a [2.8% cost-of-living \(COLA\) benefit increase](#) for millions of Social Security beneficiaries, disabled veterans and federal retirees next year:*

The 74.5 million Americans who rely on Social Security welcome any increase in their monthly benefits. But let's be clear, millions of older Americans will still struggle to afford housing, food, utilities, and prescription drugs.

The average retired worker will see about \$52 more per month next year. Yet nearly half of that increase will be wiped out by the higher Medicare Part B premium, which is projected to rise to \$206 a month in January. That's \$31 more than in 2025, and would be the first time the premium has exceeded \$200.

"Strengthening and expanding Social Security must be a national priority. If billionaires and the wealthiest 1 percent pay their fair share, we can boost benefits for everyone and guarantee the program's solvency for future generations.

Instead of working to protect Social Security, too many members of Congress and Trump Administration officials are pushing to raise the retirement age, cut benefits, and even privatize the program. Older Americans have earned these benefits through a lifetime of work; they should not have to fight to keep them.

## **House Democrats Stand Against Administration's Planned Social Security Disability Overhaul**

On Tuesday, Rep. **John Larson** (CT), Ranking Member, House Committee on Ways and Means Social Security Subcommittee, and Rep. **Debbie Wasserman Schultz** (FL) [sent a letter](#) to SSA Commissioner **Frank Bisignano** – signed by 165 additional House Democrats – opposing the

Administration's plans to overhaul Social Security disability (SSDI) benefits. Alliance Executive Board Member **Ken Goodfriend** [joined](#) Rep. **Wasserman Schultz** [at a news conference](#) highlighting the letter.

Earlier this month, *the Washington Post* [reported](#) that the Administration plans to update the criteria included in Social Security disability benefit evaluations so that the age threshold for applicants is either increased to 60 years of age or eliminated. Currently, SSA officials incorporate a person's age, work history and education with their medical assessment when reviewing a disability claim. [A new report](#) from the Center for American Progress shows that the planned change would make it harder to qualify for benefits and cause harm for millions of older Americans. The [average age](#) of Social Security disability beneficiaries is 56 years old. The Administration's plan could reduce eligibility by as much as 20 percent overall and up to 30 percent for older Americans.

"Making it harder for people to get disability benefits is a clear violation of President **Trump's** promise to 'not touch' Social Security," said **Robert Roach, Jr.**, President of the Alliance. "We stand with the members of Congress who are defending Social Security and will join them in fighting this and any other cuts to the benefits we have earned over a lifetime of work."

### **One Week Left For In Person Registration: Alliance Annual Retirement Security Symposium is on November 19**

There's only one more week left to register to attend our annual Retiree Security Symposium, *The Looming Retirement Security Crisis*, in person on Wednesday, November 19, 2025, from 9:00 AM to 4:00 PM at AFL-CIO headquarters in Washington, DC.

**Liz Shuler**, President of the AFL-CIO and Rep. **John Larson** (CT), Ranking Member, House Committee on Ways and Means Social Security Subcommittee, will speak at the event and AFL-CIO Deputy Director of Corporations and Capital Markets **Brandon Reese** will lead a panel discussion.

Due to limited space, please RSVP at <https://tinyurl.com/Symposium111925> by **November 1, 2025**. A continental breakfast and lunch will be provided. The event will also be livestreamed. Respondents who RSVP to attend virtually will receive the link for the livestream.

If you have any questions, please contact Joni Jones at [jjones@retiredamericans.org](mailto:jjones@retiredamericans.org) / 202-637-5377.

### **California Alliance Mobilizes Retirees in Redistricting Fight**

California Alliance members have mobilized and placed more than 216,000 calls to older voters about Proposition 50 in the weeks leading up to the state's November 4 special election.

Proposition 50 is [a ballot initiative](#) that would require the state to adopt new, legislatively-drawn congressional district maps starting next year until the next U.S. Census in 2030. The state legislature passed the measure after President Trump demanded Republican states redraw their congressional districts to increase the GOP's chances of regaining control of the U.S. House in 2026.

So far, Alliance members have completed more than 500 volunteer phone banking shifts urging them to vote yes on Prop 50 when they cast their ballots. Early voting is already underway in California, and residents can find information about how, where, and when they can cast their ballots by going to [vote.org](#).

“California Alliance members know what’s at stake and are committed to reaching as many voters as they can by Election Day,” said **Pauline Brooks**, President of the California Alliance. “We are proud to be on the front lines in the fight to protect democracy.”

### Mississippi and California Alliances Hold Conventions

Mississippi Alliance members held their state convention in Magee on Saturday, where Field Mobilization Manager **Tommy McLaughlin** delivered a keynote speech on key retirement security issues. The California Alliance also held its state convention virtually last week. The event included a California gubernatorial candidate forum and featured speakers including California Secretary of State **Shirley N. Weber**, California Controller **Malia Cohen**, California Assembly Member **Pilar Shavio**, AFGE Representative **Ryan Mimms**, and President of the California Federation of Labor **Lorena Gonzales**.



Mississippi Alliance Convention Attendees with Field Mobilization Manager Tommy McLaughlin

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The Alliance for Retired Americans is a national grassroots advocacy organization with 4.4 million members fighting for retirement security for all Americans. [www.retiredamericans.org](http://www.retiredamericans.org) @activeretirees