



North Carolina Department of Health and Human Services Division of Social Services

325 North Salisbury Street
2420 Mail Service Center • Raleigh, North Carolina 27699-2420
Courier # 56-20-25

Beverly Eaves Perdue, Governor
Lanier M. Cansler, Secretary

Sherry S. Bradsher, Director
(919) 733-3055

November 10, 2009

**Re: Social Security/Supplemental
Security Income (SSI) Cost-of-Living
Adjustment (COLA) Information for
2010**

Dear County Director of Social Services:

Attention: Food and Nutrition Services Supervisors

Legislation enacted in 1973 provides for cost-of-living adjustments, or COLAs. With COLAs, Social Security and Supplemental Security Income (SSI) benefits keep pace with inflation. In general, the COLA is equal to a percentage increase in the Consumer Price Index. If there is no increase in the Consumer Price Index, then there is no COLA. In 2010, Social Security/Supplemental Security Income benefits **will not** have cost of living adjustments due to the decline in consumer prices and the expected low inflation.

Most Medicare beneficiaries will continue to pay the same \$96.40 Part B premium amount in 2010. Beneficiaries who currently have the Social Security Administration (SSA) withhold their Part B premium and have incomes of \$85,000 or less (\$170,000 or less for joint filers) will not have an increase in their Part B premium for 2010.

If you have any questions, please contact the Economic and Family Services Help Desk at (919) 334-1100.

Sincerely,

A handwritten signature in cursive script that reads "Dean Simpson".

Dean Simpson, Chief
Economic and Family Services

DS/dl

EFS-FNSEP-33-2009