HARTFORD – After two years with no change in Social Security benefits, this morning the Social Security Administration (SSA) announced that seniors will see a Cost Of Living Adjustment (COLA) to help meet rising costs beginning in January.

“Today’s announcement is good news for seniors," said **Congressman John Larson (CT-01)**. "They've had to deal with ever-increasing food, gas, housing and medical costs with no increase in their income. So I'm glad to see them getting a little much needed relief.”

Over 622,000 Social Security beneficiaries statewide, including over 132,000 beneficiaries in the First Congressional District, will benefit from the COLA.

“Social Security, especially during difficult economic times, has been a lifeline for millions of Americans," Larson added. "That's why we must continue to fight to protect the hard-earned benefits that so many rely on.”

###