

February 2025

Treasury Notes

Keeping up with the Treasurer's Office

Heart Association Month

This February, the Treasurer's Office participated in learning more about February's Heart Association Month. Here are some activities for a strong, healthy heart you can do :

Eat a healthy diet, Be physically active, Check your blood pressure

Try the 4-7-8 Breathy technique:

Inhale deeply through your nose for 4 seconds

Hold your breath for 7 seconds

Exhale slowly through your mouth for 8 seconds

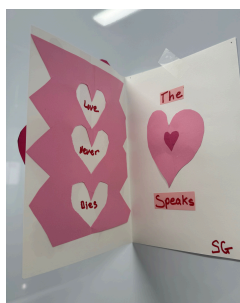
Repeat for 4 cycles



Taking a stroll to promote exercise and reduce stress

Valentine Cards

Several employes participated in making Valentine cards for our love ones



Upcoming Retirement Events:

Texas County and District Retirement System

June 10, 2025-June 12, 2025

TCDRS representatives will be visiting Dallas County in-person. Please check the Employee Bulletin Board to register for an appointment. Location and Time TBD

Nationwide

Learn and take advantage of this additional Retirement saving opportunity. Please check the Employee Bulletin Board for upcoming events and meetings!

Social Security Administration

*Join us May 22, 2025
2:00pm-3:15pm*

Join us for a Webinar featuring a speaker from Social Security regarding Retirement Planning. Registration is required. Please check the employee bulletin Board for the registration link.



Happy Valentine's Day

We hope everyone had a wonderful Valentine's Day! For many couples from Dallas, Collin, Rockwall, and TAYOR Counties, they had an unforgettable day.

On February 14, 2025, **Judge Staci Williams** of the 101st District court married over **forty-five couples** and conducted **two vow renewals**. Judge Williams shared that one couple had been married for 65 years on Valentines Day. The cost of the marriage fee is around \$80.00, however for these lucky beautiful couples it was done **free** of charge. Each couple had their own ceremony and celebrated with cake and ginger ale with friends and family.





Thank you, Judge Staci Williams

