

Your Free Monthly Newsletter From Your Friendly Shredding Company
Helping You Stay Informed, Engaged & Protected

ALL POINTS
mobile shredding



ALL POINTS
medical waste



Your Free Monthly Shred & Med Waste News!

April 2018

Your Monthly News & Updates

As the leader in information management, destruction and medical waste disposal, we continue to set ourselves apart from the competition by offering our clients piece of mind combined with the very best service.

[Visit Our Website](#)

Spring Referral Special!

**\$30 AmEx Gift Card or Bill Credit
for Referring a New
Shredding or Medical Waste Client***



How long do you really have to keep those documents?

[Click Here for Record Retention Schedules](#)

Did you know All Points can handle your **Medical Waste Disposal and On-line OSHA, HIPAA Compliance Training** needs too?

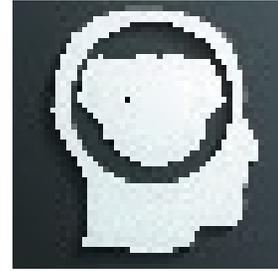
**Call Now:
772.222.3266**

[Click Here For More Information About Our Current Special](#)

* Must be a minimum of a one year agreement for at least \$40/month service. Call our office at 772.222.3266 to tell us about your referral and receive your gift.

Foods Best For Your Brain

- **Berries** - Studies found that women who consumed at least 1/2 cup of blueberries or 1 cup strawberries each week had slower rates of cognitive decline.
- **Green & Leafy Cruciferous Vegetables** - A Rush University study found that adults who eat 1 serving a day of broccoli, cauliflower and leafy greens (spinach, kale, collard greens, arugula) appeared 11 years younger in their cognitive health compared with those who never or rarely consumed them.
- **Fish & Oil** - One study found that consumption of DHA found in omega 3-rich fish improved memory function in older adults with mild memory complaints. Another study found that consuming omega 3-rich fish just once a week was associated with a 10% per year slower rate of decline in older adults and a 60% lower risk of Alzheimer's disease.
- **Eggs** - Ingesting high amounts of choline, found in eggs, is linked to better performance on tests of verbal and visual memory than those with low intakes. MRI scans show choline may also protect against dementia.



Source: CNN citing studies done by Elizabeth Devore, associate epidemiologist at Brigham and Women's Hospital and instructor at Harvard School of Medicine and Dr. Martha Clare Morris, professor of internal medicine and director of Rush Institute for Health Aging and the MIND Center for Brain Health

7 Signs That an E-mail is Fraudulent

Here are 7 tips to determine whether an e-mail is a fraudulent phishing attack or a real, legitimate one. Ask yourself these questions to test the genuineness of an e-mail:



1. Does it ask you for personally identifying information (Social Security Number, date of birth, etc)? Information like these should not be asked for in an e-mail.
2. Does it ask you to click on a link that takes you to another web site? If so be weary.
3. Does the e-mail address you by name or use a general salutation? If it doesn't use your name, confirm with the sender that it's legitimate.
4. Does the e-mail make an offer that seems too good to be true (large sum of money, prepaid gift card, something for free)? If so, it's likely fraudulent.
5. Does the e-mail attempt to tug on your emotional heart strings while asking for money? If so, it's probably a phishing attack.
6. Does the e-mail allege that you have a problem that needs your immediate attention (a virus, more storage space, an issue with the IRS)? That's a key sign that it's not legitimate.
7. Does the e-mail make a threat (from the police or IRS) and ask you to click on a link? Most likely this is fake.

Sources: SC Magazine

Spring Cleaning Tips

Here are some tips on how to freshen up your house like a pro!



- To clean your refrigerator, combine salt and soda water. It's the best combo of bubbling action with an abrasive texture to clean.
- Clean your screens with a scrap of carpeting. It doubles as a brush that removes dirt from your screens.
- Clean your fan blades by covering them with a layer of furniture polish, then gently wipe off excess.
- Clean windows with a tub of soapy water and a rag. Dry them with a dry rag. A windshield squeegee for a car works great too.
- To eliminate lime build up around your facets, lay paper towels over the faucet and handles, soak with vinegar and let it set for an hour. The lime deposits soften and are much easier to remove.
- If your curtains look dull, remove them from the window and run them through the air-fluff cycle in the dryer with a wet towel (to draw off dust) for 15 minutes, then rehang immediately.

Source: HGTV

All Points Mobile Shredding & Medical Waste | 505 SE Central Parkway, Stuart, Florida 34994|

772.283.4152 | info@shredwithme.com |

www.shredwithme.com

www.allpointsmedicalwaste.com

STAY CONNECTED:

