

ALL POINTS
mobile shredding



ALL POINTS
medical waste



Your Free Monthly Shred & Med Waste News! March 2020

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

St. Patty's Day Special One Month Free for New Routine Service - Shred or Med Waste!



Records kept beyond their required length of time, become a liability.
How long do you really have to keep those documents?

[Click Here for Record Retention Schedules](#)

Did you know All Points offers?

- On-Site Document Shredding
- Hard Drive and Media Destruction
- Medical Waste Disposal
- On-line Compliance Training (HIPAA, BBP, DOT, OSHA)

Call Now:
772.222.3266

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

* Must be a new client with a minimum of a one year agreement and a minimum of \$40/month service. Free month is the 12th month of service.

Welcome Jay DeRoy, All Points' New Operations

Manager!

All Points is excited to announce Jay DeRoy has joined us as our new Operations Manager. Jay comes with extensive routing and leadership experience at FedEx, CVS and Coca Cola.

Jay survived our nine-step interview process! He stood out at every step! We are most excited about his leadership experience, his track record as a team player and the high quality of work Jay has demonstrated in all his past positions as Operations Manager and Logistics Manager.



Jay is married to his high school sweet heart Carmela and they have two "fur-babies." Please help us in welcoming Jay to our team!

[Click Here to Learn More About Jay!](#)



SHRED-A-THON

Medication Take Back



Saturday, March 21, 2020
10:00 am - 1:00 pm
\$5.00 per box donation

Martin County Sheriff's Office Parking Lot
800 SE Monterey Road
Stuart, FL 34994

All Points Mobile Shredding will be hosting a Shred event with Martin County Sheriff's Office in partnership to raise funds for Hope for Freedom, an anti-human trafficking initiative.

The Sheriff's Office will also have members of our Drug Diversion Unit present for anyone who would like to surrender unused, expired or unwanted medications. The residential medicine cabinet has become a prime target for burglars, thieves and teenagers looking to experiment with controlled substances. Remove the temptation and drop off your medications along with your shredding. Please no liquids or needles at the drop off.

FOR ADDITIONAL INFO

Call our Crime
Prevention Department at:
772.320.4737

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Hope for Freedom

Martin County Sheriff's Office - 800 SE Monterey Road - Stuart, FL 34994
772-220-7000 - www.Sheriff.Martin.FL.US
Visit us on Facebook: www.facebook.com/MartinCountySheriffsOffice

The Dangers of Off-Site Shredding

On-site document shredding is your safest option. It significantly decreases your risk of liability and data breaches. Here are some considerations before you have your documents shred off-site:



- Does the collection truck make other stops after it picks up your documents?
- Is the collection truck ever left unattended?
- Are the doors always locked and properly secured?
- Could your documents get in the wrong hands?
- What is the chain of command?

- How many people handle the documents before they are shredded outside of your sight?

In Ft. Meyers Florida an off-site collection truck driver did not properly secure the truck door, resulting in more than 480,000 confidential medical records blowing all over the street.

Hundreds, and possibly thousands of medical records flew out of a shredding truck when the driver failed to properly lock the door in Omaha Nebraska.

Security of Shredding On-Site

Shredding your paper before it leaves your place of business is far more secure. On-site shredding is more secure because:

- Locked shredding containers enhance security
- You can witness the entire destruction process at your place of business
- We end the chain-of-custody right there on-site in front of you
- We issue a Certificate of Destruction after your documents have been shred on-site to verify that your confidential documents have been securely destroyed.

[Click Here to Learn More About On-Site Mobile Shredding](#)

How Exercise Changes Your Brain

Everyone knows exercise is good for your body and your health, but research shows it can help us find connection, courage and hope too. This is true regardless of what type of exercise you do.



Exercise can have great effects on the brain. Here are just a few benefits:

- **The Exercise "High" Causes Connection** - Dopamine is released during exercise which fuels feelings of optimism and pleasure. People report feeling more connected and having more positive interactions with family and friends on days they exercise.
- **Exercise Increases Feelings of Joy** - The part of the brain that feels pleasure, motivation and hope is given a "jolt" during and after exercise. This has been found to relieve depression and increase the capacity for joy. As we age, we lose up to 13% of dopamine receptors with each decade. Those who exercise can prevent this decline.
- **Exercise Increases Courage** - Regular exercise can actually change the default state of your nervous system so we are less prone to fear.
- **Exercise Helps Build Trust & Connection** - Moving with others allows us to feel something French sociologist Emile Durkheim called "collective effervescence." This is the euphoric feeling we feel during group exercise like yoga, dance or other group exercises. Endorphins help us to bond and trust more.
- **Exercise Can Transform Self-Image** - Physical activity and accomplishments change how you think about yourself. Moving more is proven to cause us to feel happier, better and have better self-esteem.

Source: Greater Good Magazine Published by UC Berkeley

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www.shredwithme.com

STAY CONNECTED:

