

**ALL POINTS**  
mobile shredding



**ALL POINTS**  
medical waste



November Newsletter

## Your Free Monthly Shred & Med Waste News!

[Visit our website](#)



### No-Touch Friday Shred Event at Peter's Hardware

Every Friday All Points Mobile Shredding is offering "No-Touch Shred Events" for you:

- Confidential Documents
- Hard Drives

**EVERYTHING IS SHRED ON SITE!**

**FRIDAYS FROM 9:30AM-  
10:30AM**

Peter's Hardware  
975 SE Federal Hwy, Stuart, FL  
(Across from the McDonald's on Us-1)

*\$20/ Box. \$25/hard drive.  
(CASH only. Credit Cards for 5  
or more boxes)*

### January Special!

#### *Hard Drive Destruction Special*

Destroy 4 Hard Drives & Get the 5th  
Hard Drive Destroyed for FREE

\*Valid if job booked and performed in Jan 2022.

[Find Out About Hard Drive  
Destruction Here!](#)



All Points offers on-line compliance training for HIPAA, Hazcom, Bloodborne Pathogens, DOT, PPE, Sharps, Fire & Electrical Safety & Hand Hygiene.

**For More Information,  
Call 772.222.3266**

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**Welcome to our new  
Operations Director**



Please welcome Renee Piccitto, our new Operations Director.

Renee comes with a background in operations in the aviation world where she was responsible for the fast-paced, ever-changing environment of chartered aircrafts.

Renee has experience leading and managing teams and relationship building.

Renee holds an MS in Aerospace Systems Engineering from Embry-Riddle Aeronautical University where she made the Dean's List.

When not working Renee enjoys spending time with her two children, playing the flute and swimming with sharks (she is a trained AAUS member).

We are excited to welcome Renee!

## New Year's Facts

- 45% of Americans make New Year's resolutions and 25% of them break them by mid-January.
- In parts of Italy, people celebrate the New Year by throwing old stuff out the window (the theory is that it makes room for the new).
- In Denmark, it's a tradition to break a plate on a friend's door. Waking up with a broken plate at your door is considered good because you have loyal friends.
- In New York City, the ball has dropped every year but two since 1907. They were in 1942 and 1943 due to a "dim out" to save on electricity.

Source: Factinate



## 2022 Food Trends



A peak at health trends for the upcoming year shows this year will be focused on:

### Immune Support

In the past, boosting immunity



## Time for a Clean Out!

The New Year is a great time to clean out your old files and electronic media, including old hard drives, computers and more!

Holding on to old files and electronics can make you susceptible to identity theft and expose you to potential litigation.

Just one hard drive can contain thousands of files. Deleting a hard drive does not remove the data and identity thieves can still access it.

[Click Here to Learn More About One Time Purge Clean Outs!](#)

[Click Here to Learn More About Hard Drive Destruction!](#)

during cold and flu season was the trend. It is moving to a year round regime. We can expect to see lots more natural remedies and probiotics supporting gut health.

### New Oats

Oats are great because they are high in fiber, help lower cholesterol and blood sugar. This year expect to see them in pizza dough, chocolate, pudding and even cheese and butter.

### Mushroom Foods

Medicinal mushrooms are making a big splash. Their ingredients help with brain health, immune function and even stress.

Source: The Epoch Times

**Call Now for a Free Quote 772.222.3266**

## Impacts on Children of Too Much Electronic Time



The pandemic seemed to result in increased time on electronics for many children. According to JAMA, mental health issues have been tied to this increase in time.

The more time kids spent on screens, the larger the impact of depression, anxiety and even conduct problems, irritability, hyperactivity and inattention.

The American Academy of Pediatrics recommends no more than 1-2 hours of screen time per day.

The study noted that these impacts occurred during a pandemic when schools were closed. However, even after schools reopened the increasing screen time seems to have lasting impacts.

Source: Fox News



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