



October Newsletter

## Your Monthly Shred & Med Waste News!

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### YOUR TRUSTED SECURITY & COMPLIANCE COMPANY

**Welcome to October 2025!**

As we begin to look at fall, South Florida businesses are experiencing unprecedented growth, and with that growth comes increased responsibility for protecting sensitive information. This month, we're highlighting exciting local developments, important compliance updates, and practical security tips to keep your business protected.



**uRISQ**<sup>®</sup>  
powered by CSR

**All Points Protection Suite  
powered by uRISQ: Training  
Module**

### Protecting Your Business from the Inside Out

Did you know that 88% of data breaches are caused by human error? Your employees are your first line of defense against cyber threats, but they can also be your biggest vulnerability. That's where uRISQ's Training Module comes in.

The uRISQ Training Module is specifically designed to address the number one cause of accidental data breaches: untrained staff. This comprehensive program provides recurring, engaging training that keeps your team sharp and aware of evolving threats. The training covers critical topics including recognizing phishing attempts, identifying social engineering tactics, understanding security best practices, and maintaining privacy compliance.

What sets uRISQ apart is its practical, real-world approach. Rather than long boring lectures, employees receive short informative videos that teach and remind them of the threats they will encounter. The system encourages and tracks completion, ensuring everyone on your team is up to speed. Monthly training sessions keep security awareness top-of-mind, while regular updates ensure your team learns about the latest scam techniques as they emerge.

For businesses in healthcare, legal, or financial services, this training also helps maintain compliance with HIPAA, GLBA, and other regulatory requirements. All Points Mobile Shredding partners with uRISQ to offer this essential protection layer to our clients. When combined with proper document destruction and data security practices, employee training creates a comprehensive defense against data breaches.

Learn more about uRISQ Training Module at [myurisq.com](http://myurisq.com) or call us at 772.222.3266



## Friday Shred Event: Two Locations!

Every Friday All Points Mobile Shredding is offering a Shred Event for you:

- Confidential Documents
- Hard Drives

**EVERYTHING IS SHREDDED 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 or check only)*

**All Points Mobile Shredding  
Cape Coral:** (By appointment only)  
921 SE 13th Place, Cape Coral,  
FL

*\$25/box (credit card/debit card  
only)*

## October Special: Shredding Volume Discount!

**Save 10% on Purges of  
100 Boxes or More**

This October, it's the perfect time for that big clean-out you've been planning! Whether you're clearing out old tax records, closing a file room, or making space for 2026, we're offering 10% off any purge of 100 boxes or more.

Our team handles all the heavy lifting, and you can watch your documents being shredded right at your location. We're NAID AAA Certified, so you can trust that your confidential information is being destroyed securely and in compliance with all regulations. Must be booked and completed in October 2025.

For more information, call 772.222.3266



## Are You Compliant? We Can Help!

All Points offers online compliance training for HIPAA, Hazcom, Bloodborne Pathogens, DOT, PPE, Sharps, Fire and Electrical Safety, and Hand Hygiene.

**For More Information,  
Call 772.222.3266**



## **October Health & Wellness: The Surprising Power of Morning Sunlight**

Getting just 10-15 minutes of morning sunlight can dramatically improve your health and well-being. Recent research from Northwestern University shows that exposure to bright light early in the day helps regulate your circadian rhythm, leading to better sleep quality at night. But the benefits extend far beyond sleep. Morning sunlight triggers the production of serotonin, the "feel-good" hormone that enhances mood and promotes feelings of calm and focus throughout the day.

Studies also indicate that morning light exposure can help with weight management by regulating hunger hormones and boosting metabolism. For those working from home or in offices without natural light, researchers recommend stepping outside within an hour of waking. Even on cloudy days, outdoor light is significantly brighter than indoor lighting and provides these crucial benefits. If getting outside isn't possible, sitting near a window during breakfast or your morning coffee can help. The key is consistency – making morning light exposure a daily habit can lead to improved energy levels, better mood regulation, and enhanced overall health.

*Source: Northwestern Medicine,  
Journal of Clinical Sleep Medicine*

**All Points is Proud of Our  
Over 500 5-Star Google  
Reviews.  
Consider Writing One!**



All Points Mobile Shredding and Medical Waste loves to delight our clients!

We believe our reviews speak for the level of service we provide.

We are proud of our over 500 5-Star Google Reviews and very thankful to our wonderful clients who provided them!

**Click Here to Read Our  
Google Reviews**

**Click Here to Write All Points  
a 5-Star Google Review!**



**Why We Remember Song  
Lyrics But Forget Names**



## Security & Compliance: The Rising Threat of QR Code Scams

QR codes have become ubiquitous in our daily lives, appearing on restaurant menus, payment systems, and business cards. However, cybercriminals have found innovative ways to exploit this technology through "quishing" attacks (QR code phishing). The FBI issued a warning in 2024 about criminals placing fraudulent QR code stickers over legitimate ones, redirecting victims to malicious websites designed to steal credentials and financial information.

These attacks are particularly dangerous because QR codes can't be visually verified before scanning. Unlike a suspicious URL in an email, a QR code reveals its destination only after it's scanned. Criminals use these fake codes to capture login credentials, install malware, or redirect payments to their own accounts. In Florida alone, reports of QR code fraud have increased by 300% over the past year.

To protect yourself and your business, never scan QR codes from unknown sources or those that appear to be stickers placed over original codes. When making payments, verify the recipient details before completing transactions. For businesses accepting payments via QR codes, regularly inspect your posted codes to ensure they haven't been tampered with. Consider

Have you ever struggled to remember someone's name minutes after meeting them, yet can perfectly recall lyrics to songs you haven't heard in decades? This fascinating quirk of human memory has a scientific explanation. Researchers at UC Davis have discovered that music activates multiple areas of the brain simultaneously, creating stronger neural connections than simple verbal information.

When we hear music, our brains engage the auditory cortex, motor cortex, and emotional centers all at once. This multi-sensory experience creates what neuroscientists call "elaborative encoding"—essentially, your brain files the information in multiple places with multiple associations. Song lyrics also typically have rhythm, rhyme, and melody, which serve as powerful memory cues. Names, on the other hand, are usually presented in isolation without emotional context or repetitive patterns.

Additionally, we often hear songs multiple times, which strengthens these memory pathways through repetition. The emotional connection we develop with music further cements these memories. This is why people with Alzheimer's disease often retain musical memories long after other types of memory have faded. Understanding this can actually help us remember names better – creating a mental association, rhyme, or emotional connection with someone's name can dramatically improve recall.

*Source: UC Davis Center for Mind and Brain, Psychological Science Journal*

implementing dynamic QR codes that change periodically and educate employees and customers about these risks. Remember, legitimate organizations will never ask you to scan a QR code to verify your account or provide sensitive personal information.

*Source: FBI Cyber Division, Florida Attorney General's Office*



**"The only way to do great work is to love what you do."**

- Steve Jobs

**"In the middle of difficulty lies opportunity."**

- Albert Einstein

**"The future depends on what you do today."**

- Mahatma Gandhi



**WE OFFER ELECTRONIC & HARD DRIVE DESTRUCTION**  
[Click Here to Learn More!](#)

**Call Now for a Free Quote**  
**772.222.3266**



## **Security & Compliance: Florida's New Data Protection Requirements**

Florida businesses need to be aware of important updates to the Florida Information Protection Act (FIPA) that took effect this year. These changes expand protection requirements for personal information and increase penalties for non-compliance. Understanding these requirements is crucial for avoiding costly fines and protecting your business reputation.

Under the updated FIPA, businesses must notify affected individuals within 30 days of discovering a data breach. If the breach affects more than 500 Florida residents, notification to the Florida Attorney General is also required. The definition of "personal information" has been expanded to include biometric data, medical information, and online account credentials in addition to traditional identifiers like Social Security numbers and financial account information.

Businesses must implement "reasonable measures" to protect this data, which includes proper disposal of documents containing sensitive information. Simply throwing documents in the trash is no longer acceptable – secure shredding is considered a baseline requirement. For electronic data, this means proper destruction of hard drives and electronic devices when they reach end-of-life.

The penalties for non-compliance can be significant. Businesses failing to properly notify individuals of breaches face fines up to \$500,000, while inadequate data protection measures can result in additional penalties under Florida's Deceptive and Unfair Trade Practices Act. For healthcare providers specifically, HIPAA violations can add federal penalties on top of state fines. The best defense is a proactive approach: establish clear data handling policies, train employees on security practices, and partner with NAID AAA Certified providers like All Points Mobile Shredding for proper document and electronic destruction. These steps not only ensure compliance but also protect your clients' trust and your business's reputation.

*Source: Florida Attorney General's Office, Florida Information Protection Act (FIPA) 2025 Updates*

**Check Out Our 5-Star Google Reviews Here!**

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

[Click Here to Learn about Electronics Destruction](#)



**All Points Mobile Shredding & Medical Waste**

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