

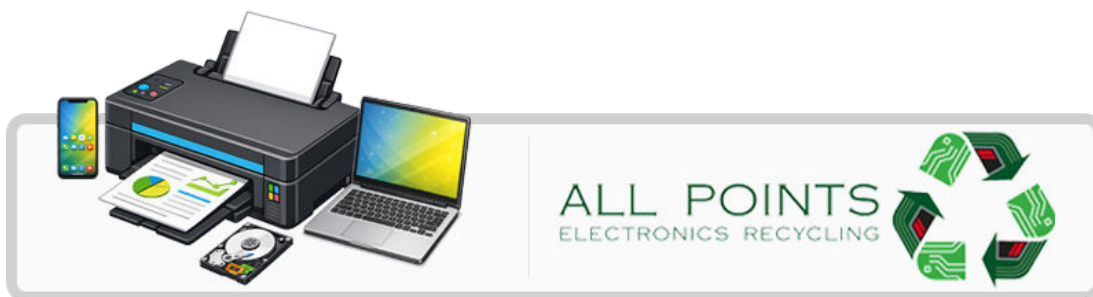


March Newsletter

Your Monthly Shred & Med Waste News!

Visit our website

YOUR TRUSTED SECURITY & COMPLIANCE COMPANY



We're excited to share that All Points is expanding!

In addition to secure shredding and medical waste services, we now offer **All Points Electronics & Recycling** — providing secure electronics recycling and IT asset disposition (ITAD) services.

From hard drives and servers to laptops and backup media, protecting sensitive data doesn't stop at paper. We now offer:

- Secure hard drive destruction
- IT asset disposition (ITAD)
- Electronics recycling
- Serialized tracking and certificates of destruction
- Responsible, compliant downstream recycling

This is a natural extension of our commitment to protecting our clients and making compliance simple. Same family-owned company. Same trusted team. Expanded services.

If you have electronics to recycle or [would like a quote](#), we would love to help.

Thank you for continuing to trust All Points.

[Visit Our New Website Today!](#)



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)



March Special New Customers: Save \$25 on Your First Purge!

Are you a new All Points customer? Now is the perfect time to schedule that long-overdue document cleanout.

New customers save \$25 on a one-time purge of \$300 or more.

- Valid for new customers only
- Must be booked AND completed in the month of March
- NAID AAA Certified
- HIPAA Compliant Certificate of Destruction Provided

Spring cleaning season is here and there's no better time to clear out years of accumulated files and do it right.

Don't let another month go by with compliance gaps.

Call us today at 772.222.3266 or visit allpointsprotects.com to learn more.



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.

March Health & Wellness **Spring Into Action: The** **Surprising Benefits of** **Getting Outside This Month**

March is the perfect time to shake off the winter doldrums and take your fitness outdoors — and the science says your body will thank you for it. When you exercise outside, your body receives a natural boost from sunlight and Vitamin D absorption, which can improve your mood and cardiovascular health, while also helping knock out seasonal affective disorder that can keep you down during the colder months.

Sunlight helps regulate and improve mood and sleep — both important for maintaining mental wellness. Studies show that participants who walked in nature for 90 minutes had lower levels of rumination and neural activity associated with mental illness compared to those who walked in urban environments.

Studies consistently show that people perceive outdoor exercise as easier, even when the physical output is the same. This perception matters because it drives consistency. In other words, you're more likely to stick with it.

Whether it's walking, running, or cycling, physical activity is key to maintaining a healthy body and mind. Regular physical activity helps improve cardiovascular health, boost your mood, and even strengthen your immune system. Spring is the perfect time to add more movement to your daily routine — it doesn't have to be intense, but consistency is the key.

Even a brisk 20–30 minute walk a few times a week can make a meaningful difference. So this March, step outside — Florida's beautiful

For More Information,
Call 772.222.3266

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!



The Curious Mind: How
Your Brain's Chemistry
Makes You Smarter

weather is calling.

Sources: Freeman Health System;
Greater Good Health; Riverside
Healthcare; Resident.com



Security & Compliance

Spring Cleaning Your Records: What You're Required to Keep and What You Must Shred

March is the season of fresh starts — and for businesses, that means it's also time to tackle the filing cabinet. But before you toss anything in the recycling bin, know this: improper disposal of sensitive records is not just messy...it's illegal.

Shredding outdated business documents is more than just good housekeeping...it's a legal requirement in many industries. Whether you're a healthcare provider, law firm, or financial services company, improperly disposing of sensitive files can result in fines, lawsuits, and reputational damage.

Organizations across various industries must comply with laws and standards designed to protect private data. HIPAA requires that records containing protected health information be destroyed so they are unreadable and irrecoverable. The FACTA Disposal Rule mandates that paper records be shredded, burned, pulverized, or rendered unreadable at the time of disposal.

Ever notice how time flies when you're genuinely curious about something? That's not just a feeling...it's your brain firing on all cylinders.

Neuroscientific research shows that curiosity activates the dopaminergic reward system, including the ventral tegmental area (VTA) and the nucleus accumbens — the regions that release dopamine, the neurotransmitter responsible for motivation and pleasure. Additionally, curiosity enhances activity in the hippocampus, the brain structure crucial for memory encoding and retrieval.

Research published in the journal *Neuron* found that brain activity during the anticipation of an answer could predict later memory performance. The more curious a subject was, the more their brain engaged this anticipatory reward network — and the better they remembered what they learned.

This dopamine surge doesn't just motivate — it actively prepares your memory centers for action. When the brain is in a state of high curiosity, the hippocampus becomes significantly more active and engaged, essentially opening the floodgates for learning and ensuring information is successfully encoded into long-term memory.

The practical takeaway? Stay curious. Whether it's reading something new, exploring a skill, or asking questions you've never asked before — curiosity is literally making your brain stronger, one dopamine hit at a time.

Source: *Scientific American*; *Growth Engineering*; *nprhub.com*
(*Neuroscience of Curiosity*)

Once you've determined what must be kept and what must be purged, have your no-longer-needed files securely destroyed in a one-time purge shredding service and always ask for a Certificate of Destruction to prove your compliance with state and federal data privacy laws.

All Points Mobile Shredding provides a Certificate of Destruction with every job and maintains NAID AAA Certification, the gold standard in the secure destruction industry. Call us at 772.222.3266 to schedule your spring purge today.

Sources: Emerald Document Management; A1 Shredding & Recycling; Pacific Records



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

Call Now for a Free Quote
772.222.3266



**"The secret of getting ahead is
getting started."**

- Mark Twain

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

- Albert Einstein

**"It does not matter how slowly
you go as long as you do not
stop."**

- Confucius



Legal & Compliance

Florida Businesses: Know Your Data Disposal Obligations

Spring is a great time to review your compliance posture — especially given Florida's layered web of data protection requirements that carry real consequences for businesses that don't follow the rules.

Florida has enacted specific legislation to address growing concerns around data privacy and security. The Florida Digital Bill of Rights grants residents significant rights over their personal data — including the right to access, correct, and delete information companies have collected about them. Companies that fail to comply face substantial penalties, making proper document destruction services an essential component of any comprehensive compliance strategy.

FIPA establishes mandatory breach notification requirements for businesses operating in Florida. FACTA requires proper disposal of consumer information to prevent identity theft, applying to businesses of all sizes — from small retail operations to large corporations. HIPAA's disposal requirements mandate that covered entities ensure complete destruction of protected health information when it's no longer needed.

Penalties for FACTA non-compliance can reach up to \$2,500 per file for each instance of noncompliance — not including potential civil liability and reputational damage from a data breach.

The simplest way to stay protected? Partner with a NAID AAA Certified provider like All Points Mobile Shredding. We understand the unique compliance landscape facing Florida businesses and are here to help you navigate it.

Source: AllPointsProtects.com (Florida Data Compliance); Armstrong Archives; FACTA Compliance Overview

Check Out Our 5-Star Google Reviews Here!

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

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



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