

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



Your Free Monthly Shred & Med Waste News! January 2021

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

Winter Special!

For every new client, All Points will donate one box of Girl Scout cookies to our military troops over seas!



To Schedule Recurring or Purge Service, Call Now: 772.222.3266

Martin County
William D. Snyder



Sheriff's Office
Martin County Sheriff

SHRED-A-THON

Medication Take Back



Saturday, January 16, 2021
10:00 am - 1:00 pm

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

Residents can bring in a maximum of three (3) banker boxes full of documents to be shredded **free of charge**. If you have more than three (3) boxes, there will be a \$10.00 fee per additional box, with the proceeds going to the Martin County Police Athletic League.

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.

For the health and safety of you and our employees, this shred event will be a drive through only, no walk ups will be allowed. Participants are asked to remain in their vehicles. MCSD Employees will remove the shred and/or medication from your vehicle to limit interaction and maintain social distancing.

FOR ADDITIONAL INFO

Call our Crime
Prevention Department at:
772.320.4737

ALL POINTS
mobile shredding



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

No-Touch Friday Shred Events at Peter's Hardware

Every Friday All Points Mobile Shredding is offering "No-Touch Shred Events" for your confidential documents and hard drive and media that needs to be destroyed.

When? Fridays from 9:30-10:30am

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

What? All confidential documents, hard drives, and media



How Much? \$20/box (Cash only. Credit Cards for 5 or more boxes). \$25/hard drive if it's out of the tower. Extra \$10 to remove from the tower.

Important: Please place all your documents in your truck and remain in the car. Our Experts will do all the heavy lifting

Everything will be shred on-site!

For More Information Call Now:

772.222.3266

Change article for your own shred event or drop off

How Healthy People Live to 100

A study of people living in Cilent, Italy, a remote village known for people who live past 90 found they tended to have certain traits in common. It turns out you need to watch more than what you eat if you intend to live to 100.



Here are six traits they shared:

1. **Resilience and Adaptability** - They described themselves as always being ready for changes and viewing them as a chance to grow, even when change meant the loss of a spouse or child.
2. **Accept & Recover From Things They Can't Change**- They had all been through loss of loved ones, depression, and more but they believed they had to accept the things they can't change and fight for the things they can.
3. **Strong Work Ethic** - They had a solid, lifetime work ethic and notable confidence in themselves.
4. **Positive Attitude** - While their physical health may have deteriorated, their mental health remained high. Things like happiness and life satisfaction went up. Levels of stress and depression went down with age.
5. **Close Bond with Family, Religion and Country** - They had strong social connections, social support and engagement as well as firm religious beliefs and practices and a strong foundation in loyalty to country.
6. **Remained Active** - Most worked regularly in their homes and on their land or garden. They felt it gave them purpose even in old age.

Source: Time

5 Things to STOP Doing to Be Rich

According to Steve Siebold, author of How Rich People Think and T. Harv Eker who penned Secrets of the Millionaire Mind, there are several things you should stop doing right now to adopt the thinking, philosophies & strategies of the super wealthy. Here's what to stop



doing:

1. **Saying Yes to Everything** - One of the top traits of the wealthy and successful is the ability to say no to things that don't line up with their goals. Billionaire Warren Buffet says, "The difference between successful people and really successful people is that really successful people say 'no' to almost everything."
2. **Staying Comfortable** - The average person thrives on staying in their comfort zone. Wealthy people like a challenge and don't mind stepping out side their "safe zone."
3. **Buying Things You Can't Afford** - Rich people look for multiple streams of income but the average person spends what their earn. Learn to put your money to work and create other sources of income. Put the power of compounding interest to work today!
4. **Negative Thinking** - "Your entire life is created by your thoughts - and then your language," according to self-made millionaire Grant Cardone. The ultra wealthy chose words that exude positivity, such as "great," "super," "wonderful," and "incredible."
5. **Not Having Goals** - If you plan to be among the wealthy, you must have clear, specific goals and plans of how you'll get there. T Harv Eker says, "The number one reason most people don't get what they want is that they don't know what they want."

Source: CNBC

All Points Mobile Shredding & Medical Waste | 772.283.4152 | info@shredwithme.com |

www.shredwithme.com

STAY CONNECTED:

