



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)*

## December Special!

**One Month FREE\***

Shredding or Medical Waste with a 3-year Agreement!

\*Valid if Agreement signed in December 2021.



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**

**Drink More Coffee!**



A new study published in PLOS Medicine found that drinking coffee is associated with a lower risk of



## Interesting Facts About The Holidays

- The average person will spend \$1,100 at the holidays.
- In 2020, holiday shopping accounted for 19.5% of all retail sales for the year.
- Lego and Barbie were the top selling toys in 2020.
- 85% of shoppers prefer free shipping to expedited delivery.
- In 2020, 79% of shoppers waited until December (missing black Friday & Cyber Monday) to start shopping.
- On-line gift card purchases went up over 106% in 2020 from the previous year
- 32.8 million Christmas trees were sold last season.

Source: Fortunly

dementia, stroke, and memory loss.

Strokes cause 10% of deaths each year.

People who drank 2-3 cups of coffee (or 3-5 cups of tea) per day had the lowest risk of stroke or dementia. They had a 32% lower risk of stroke and a 20% lower risk of dementia compared with those who consumed neither beverage, the data showed.

Source: Science Daily

## The Secret To Remembering People's Names



According to a grand master of memory Kevin Horsley, people often don't hear the person's name when they meet them. They are focused on trying to be interesting rather than interested. Here are some tips so you can remember names next time:

- In the initial conversation, repeat their name, "It's nice to meet you Jane" or "Jane what do you do?"
- Search for something unique about them to help you remember them.
- Use social media. Ask them to connect with you on Linked In or Facebook.
- Take electronic notes (use your notes pad on your phone or a Google Doc).
- Stop saying you're bad at remembering names! A big part of your ability to



remember is your mindset. Shift your thinking.  
Source: Wired

**Call Now for a Free Quote 772.222.3266**

## The Danger of Too Much Free Time



Initially, a sense of well being goes up as individuals enjoy free time. However studies show that there is a tipping point. According to a University of Pennsylvania study, the sweet spot is a moderate amount of free time that is both social and productive.

Too much free time, researchers found, is associated with lower levels of well being. Additionally, free time that lacks purpose and a sense of productivity will lower one's sense of welfare and health.

Apparently, how people spend their free time is important. Free time spent on social activities and doing productive activities (getting household to-do's done, exercising, engaging in hobbies) increases well-being.

Overall researchers found that humans like having free time for hobbies, social activities, to get household chores done and the like. But too much free time has a negative impact. Experts say it is like the Goldilocks story - you can have too much a good thing.

Source: The Guardian



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