



February 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)*

February Special!

*All Points Will Donate 1
Box of Girl Scout Cookies
On Your Behalf to
the US Military for
EVERY NEW CLIENT!*



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**





Foods To Avoid to Live Longer & Healthier

- **Bacon** - This tops the list! The FDA put it in the same category as tobacco and other carcinogens.
- **Turkey Bacon** - Unfortunately turkey bacon isn't any healthier because it is so processed.
- **Fried Foods** - These foods have higher fat and calories in general and cause heart disease, obesity and any other health concerns.
- **Potato Chips** - This snack has almost no nutritional value and is high in fat and sodium. Reach for nuts or kale chips instead.
- **Added Sugar** - These are hidden in salad dressings, yogurts, ketchup and other foods. Read labels. Excess sugar turns to fat.
- **Processed Oils** - Avoid oils like grape seed, soybean, canola and vegetable oil because when heated to high temperatures, they oxidize and produce free radicals. Use olive oil instead.



Fun February Facts

- February is one of the most misspelled words in the English language. Did you notice we misspelled February??
- It's the only month without a full moon.
- It includes groundhog day, which is based on a German superstition.
- The odds of being born February 29 are 1 in 1,461.
- Americans spend upwards of \$18 billion on gifts.

Source: Funfactsabout.com



Top Ways to Avoid a Breach

According to a recent study by IBM, the average cost of a data breach is \$3.86 million.

Research shows reports of data breaches went up in 2020 and 2021 with so many employees working remotely.

2021 Worst Year for Healthcare Data Breaches



2021 is the worst year in history,

Here are some best practices:

1. **Hire a NAID AAA Certified Document Shredding Company** - Many individuals and businesses are focused on price alone. Yet a data breach can be costly and cause reputation damage. It's critical you qualify your vendor. [Click Here to Learn Why NAID AAA Certification is important!](#)
2. **Adopt a Shred Everything, All the Time, In the Same Manner Policy** - So often a business entrusts the critical decision of whether a document belongs in the shredder or in the trash to a lower level employee. Adopting a policy like these avoids that discretion and a bad judgment call.
3. **Educate Your Employees** - Conduct a training at least annually so employees understand the confidential nature of documents that contain client or patient information as well as the laws that apply. [Click Here to Learn About Healthcare Compliance!](#)

topping a record breaking 2020, for the most amount of health care data breaches.

In 2020 there were 642 data breaches in the health care industry. 2021 saw 686 breaches, which comes out to 1.94 breaches per day.

To ensure you are not a victim of a data breach or identify theft, it's critical you pick a secure document shredding company that is NAID AAA Certified, shreds on-site and takes your compliance seriously.

[Click Here to Learn About Healthcare Shredding](#)

[Click Here to Learn About On-Site Shredding to Keep You Safe!](#)

Source: Hipaaajournal.com

Call Now for a Free Quote 772.222.3266

How Accurate Are Groundhog's Day Predictions?



For 120 years Punxsutawney Phil, the groundhog, has been coming out on February 2 to see if he sees his shadow. If he does, the legend has it that there will be 6 more weeks of winter.

This year, in 2022, Phil saw his shadow, predicting another 6 weeks of winter.

The first time Punxsutawney Phil came out to see his shadow was in 1887. So far 107 of the predictions were for a longer winter. Twenty of them were for an early spring. Records show he is correct 39% of the time.

Source: LiveScience.com



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Connect with us

