

ALL POINTS
mobile shredding



ALL POINTS
medical waste



June Newsletter

Your Monthly Shred & Med Waste News!

[Visit our website](#)



Friday Shred Event at Peter's Hardware

Every Friday All Points Mobile Shredding is offering a Shred Event 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)*

June Special! 1 Month Free Online Compliance Training with new Medical Waste Service

*Must be minimum of one year agreement entered into in the month of May 2024.



Are You Compliant? We Can Help!

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**



Comfrey Plant Has Incredible Healing Power

Comfrey, nick named "knit-bone", is believed to have incredible healing power to quickly repair injuries to wounds, tissues, bones and cartilage.

It has emerged in orthopedics as an alternative to bone setting and joint replacements. For generations, this herb has been said to heal bones and ease joint pain.

One trained herbalist said it helped heal a sprained ankle on more than one occasion.

Its other uses include treatment for respiratory issues such as tonsillitis, pneumonia and bronchitis. It's also been known to aid in digestive health and in controlling blood sugar.

The comfrey compound stimulates the body to produce new cells and significantly aids in healing.

Research in the British Journal of Sports Medicine highlighted the use of comfrey root extract ointment for acute back pain. Other study findings find similar evidence.

All Points is Proud of our Over 300 5-Star Google Reviews!



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 300 5-Star Google Reviews and very thankful to our wonderful clients who provided them!

[Click Here To Read Our Google Reviews](#)

[Click Here to Leave All Points a 5-Star Google Review!](#)



How the Brain Views Classical Music

The "Mozart effect" is a phenomena that is well supported by evidence and finds that classical music enhances cognitive abilities. Listening to classical music has been found to

it is best known for external use as a poultice, salve or oil. To use, blend fresh leaves or roots in a paste and apply to a cloth and then to the affected area.

Source: Epoch Times



\$8K HIPAA Fine For Paper Breach

Parkview Health System, a non-profit, agreed to an \$800,000 settlement for "potential violations" of the HIPAA privacy rule. The organization was alleged to have left 5,000 to 8,000 patients' paper medical records unattended in boxes on a driveway.

The Office for Civil Rights (OCR) stated that, "All too often we receive complaints of records being discarded or transferred in a manner that puts patient information at risk."

The Park view case is not the only one of it's kind.

1. Rite Aid Corp paid \$1 million after some its stores improperly disposed of prescription medicine in dumpsters.
2. CVS Caremark paid \$2.25 million after it improperly disposed of prescription information in dumpsters.

The HIPAA Omnibus Rule requires steps be taken to secure protected health information and applies to both electronic and

lead to higher grades in school, better spatial reasoning and reduction in mental decline.

Classical music can alter brain function and is being used to treat brain disorders because it normalizes brain waves.

The primary distinction between classical and pop music is the complexity and structure of each. Experts say that the human brain likes the rules of music and the structure of classical music uses natural rules and mathematical logic.

Pop music contains repetition and the same sequences and has limited variability. Rock music has been found in some studies to arouse anger and negative emotions.

Classical music is more effective in reducing anxiety and stress and has been shown to have a pain relieving effect. Additionally, the brain releases dopamine when listening to classical music, which results in feeling happy.

A study found that adults who listened to 15 minutes of classical music reported reduced feelings of tension and increased mental clarity when they were done.

Source: Epoch Times

"Waste no more time arguing about what a good man should be. Be one."

-Aurelius

paper health records. [Click Here to Learn About HIPAA Omnibus & Other Rules](#)

The most current annual breach report submitted by OCR to Congress states that 23% of major health data breaches involved paper records and 61% of smaller health data breaches (fewer than 500 individuals) involved paper. [Click Here to Learn About On-Site Document Shredding](#)

Source: Data Breach Today



[WE OFFER HARD DRIVE DESTRUCTION - Click Here to Learn More](#)

Call Now for a Free Quote 772.222.3266



Walking Can Off-Set a Sedentary Life Style

Research from the British Journal of Sports Medicine reveals that for individuals who sit for more than 10.5 hours a day, walking 9,000 to 10,000 steps per day reduced the risk of early death by almost 40%.

Another study found that walking 10,000 steps per day reduced the incidence of heart disease and other fatal diseases such as cancer.

The ideal number of daily steps vary by age. According to Harvard Medical School, women who have an average age of 72 and walk 4,400 steps per day had significantly lower mortality rates than those who walked 2,700 steps each day.

Walking is also known to improve your mood and sleep quality. Even if you start with just 1,000 steps, get started on your walking plan today.

Source: Epoch Times



“Beware of the barrenness of a busy life.”

-Eleanor Roosevelt

“We are what we repeatedly do. Excellence, then, is not an act but a habit.”

-Aristotle



All Points Mobile Shredding & Medical
Waste
772.283.4152
clientcare@allpointsprotects.com
allpointsprotects.com

Connect with us



All Points Mobile Shredding | 505 SE Central Parkway | Stuart, FL 34994 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!