

**ALL POINTS**  
mobile shredding



**ALL POINTS**  
medical waste



June Newsletter

## Your Monthly Shred & Med Waste News!

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### YOUR TRUSTED SECURITY & COMPLIANCE COMPANY



#### Friday Shred Event: Two Locations!

Every Friday All Points Mobile Shredding is offering a Shred Event for your:

- 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

#### New Customer Promotion!

**SAVE \$25 on a one-time purge of \$300 or more!**

Offer valid for new customers only. Must be booked and completed within the same promotional month.



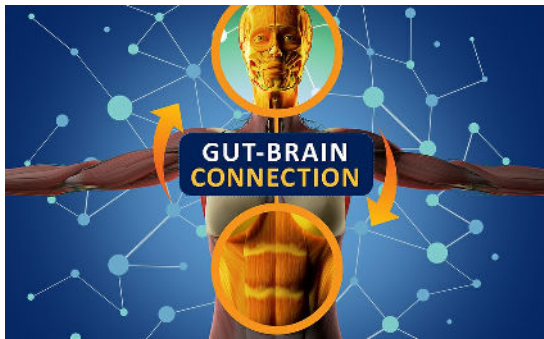
#### Are You Compliant? We Can Help!

All Points offers on-line compliance training for HIPAA, Hazcom, Bloodborne Pathogens, DOT, PPE, Sharps, Fire & Electrical Safety & Hand Hygiene.

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Cape Coral:  
921 SE 13th Place, Cape  
Coral, FL

*\$25/ Box (Credit Card/Debit  
Card Only)*



## The Science of Gut Health: Why Your Digestive System is Your Second Brain

June brings renewed focus on health and wellness, and 2025's biggest health trend continues to be gut health optimization. Recent research reveals that 43% of Americans now prioritize gut health as their most important wellness concern, surpassing traditional health priorities like pain management or allergy relief.

Scientists have discovered what they call the "gut-brain axis"—a complex communication network between your digestive system and your brain. This connection explains why digestive issues can affect mood, sleep, and even decision-making abilities. The gut produces 90% of the body's serotonin, the neurotransmitter responsible for feelings of happiness and well-being. What makes this particularly relevant for busy professionals is that chronic stress—common in business environments—directly disrupts gut bacteria balance. This disruption can lead to decreased

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The Hidden Threat - Why  
Paper Documents Still  
Drive 60% of Healthcare  
Data Breaches

productivity, brain fog, and compromised immune function. Simple changes like incorporating fermented foods (yogurt, kimchi, or kefir), reducing processed food intake, and managing stress through mindfulness can dramatically improve both digestive and cognitive health.

For businesses, supporting employee gut health through wellness programs isn't just beneficial - it's strategic. Companies reporting the highest productivity levels often have comprehensive wellness initiatives that include nutrition education and stress management resources.

*Source: Numerator Health & Wellness Trends Report 2025, McKinsey Global Wellness Research*



## Your Brain on Music: The Fascinating Science Behind Classical Music's Cognitive Boost

Ever wondered why classical music seems to enhance focus and productivity? New neuroscience research from 2025 reveals the fascinating mechanics behind what scientists call the "Mozart Effect," and the findings are more profound than anyone expected.

When you listen to classical music,

While cybersecurity dominates headlines, a surprising threat continues to fly under the radar in 2025: paper-based data breaches. According to the latest compliance research, paper incidents account for 60% of smaller healthcare data breaches and 23% of major breaches affecting over 500 individuals, making physical document security a critical blind spot for many organizations.

The Florida Department of Health's June 2025 data breach serves as a stark reminder of this vulnerability. Hackers accessed not just digital systems but also gained entry to personnel files and medical records that contained Social Security numbers, bank account information, and complete medical histories. This incident highlights how modern cybercriminals increasingly target organizations with poor physical document security as an easier entry point than sophisticated digital defenses.

What makes paper breaches particularly devastating is their discovery timeline. While digital breaches are often detected within days through monitoring systems, paper-based incidents can go unnoticed for months or even years. Lost files, improper disposal, or mail sent to wrong addresses create ongoing compliance exposure that many businesses don't realize until it's too late.

The regulatory response has been swift and severe. Recent HIPAA enforcement actions show fines averaging \$800,000 for improper paper record handling, with organizations like Parkview Health System paying substantial



your brain doesn't just process sound—it literally reorganizes its neural networks in real time. Unlike pop music, which uses repetitive patterns, classical compositions follow mathematical structures that mirror natural brain rhythms. This synchronization enhances cognitive function, improves memory consolidation, and even boosts creative problem-solving abilities.

The most surprising discovery? Classical music activates the brain's "default mode network"—the same neural system responsible for innovative thinking and breakthrough insights. Studies show that people listening to 15 minutes of classical music before important meetings or decision-making sessions demonstrate significantly improved analytical thinking and stress management.

What makes this particularly intriguing is that the benefits aren't just temporary. Regular classical music listeners show measurable improvements in attention span, emotional regulation, and even pain tolerance. The brain releases higher levels of dopamine during complex musical passages, creating what researchers call a "natural reward feedback loop" that enhances overall mental performance.

For business professionals seeking a productivity edge, incorporating classical music into your daily routine might be one of the simplest yet most effective cognitive enhancers available.

*Source: Neuroscience News Research Database*

settlements for leaving patient records unattended. These cases demonstrate that compliance officers and legal teams are recognizing paper security as equally important to digital protection.

For Florida businesses, this means implementing comprehensive document security policies that address the entire lifecycle - from creation to destruction - with the same rigor applied to digital assets.

*Source: Florida Department of Health data breach June 2025 CBS News*



**"The only way to do great work is to love what you do."**

- Steve Jobs

**"Success usually comes to those who are too busy to be looking for it."**

- Henry David Thoreau

**"Vision is a team sport."**

- Simon Sinek



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## **Florida's Document Retention Requirements: Understanding Your Legal Obligations**

Florida businesses operate under a complex web of document retention requirements that vary by industry, record type, and regulatory framework.

Understanding these obligations isn't just about compliance - it's about protecting your business from costly litigation and regulatory penalties.

Under Florida's Public Records Act (Chapter 119) and various federal regulations, businesses must maintain specific records for predetermined periods. Financial records typically require seven-year retention, while personnel files must be kept for varying periods depending on the document type. Healthcare organizations face additional HIPAA requirements, and publicly traded companies must comply with Sarbanes-Oxley Act provisions.

What many business owners don't realize is that improper document destruction can be as problematic as failing to retain records. Florida Administrative Code requires that sensitive documents be destroyed using methods that render information "essentially unreadable, indecipherable, and otherwise cannot be reconstructed." Simple disposal or standard recycling doesn't meet these standards.

The Florida Department of State's Division of Library and Information Services emphasizes that businesses should establish written retention policies specifying not only what to keep and for how long, but also documenting proper destruction methods. These policies must address both paper and electronic formats, as retention requirements apply regardless of storage medium.

Proper document destruction serves multiple purposes: reducing storage costs, minimizing litigation exposure, and ensuring compliance with privacy regulations. However, the destruction must be properly documented and executed by qualified providers to maintain legal protection. Working with certified document destruction services provides the accountability trail that courts and regulators expect to

see.

*Source: Florida Department of State Division of Library and Information Services*

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