

ALL POINTS
mobile shredding



ALL POINTS
medical waste



July 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 you:

- Confidential Documents
- Hard Drives

EVERYTHING IS SHREDDED ON SITE!

New Customer Promotion!

1 Month Free Compliance Training

New customers who sign a 3-year Medical Waste contract during July will receive one month of free online compliance training! For more information, call **772.222.3266**

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
Cape Coral:**

921 SE 13th Place, Cape
Coral, FL

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



Beat the Heat - Essential Summer Hydration Tips

As Florida's summer temperatures soar, staying properly hydrated becomes more critical than ever. The National Academy of Medicine suggests daily intake should be 92 ounces for women and 125 ounces for men, but in hot weather or during physical activity, you may need significantly more to compensate for increased fluid loss through sweating.

Dehydration can cause kidney stones, gallstones, urinary tract infections and other serious conditions. It can cause you to faint, go into shock or even have seizures with dehydration. Early warning signs include fatigue,



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**

**All Points is Proud of our
Over 500 5-Star Google
Reviews -
Consider Leaving One**



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 500 5-Star Google Reviews and very thankful to our wonderful clients who provided them!

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irritability, dark urine, and extreme thirst.

Hydration expert Pam Nisevich Bede recommends "pre-hydrating" - increasing your fluid intake before outdoor activities, similar to carb-loading before exercise. Set phone alarms every 30 minutes as hydration reminders, especially when outdoors.

Easy-to-carry hydrating foods like tomatoes, watermelon, cantaloupe, oranges and grapes are excellent for staying hydrated throughout the day. When engaging in intense exercise or spending extended time in the heat, consider electrolyte drinks to replenish sodium, potassium, and other minerals lost through sweat.

Remember: by the time you feel thirsty, you're already starting to become dehydrated. Make hydration a priority this summer to stay safe and healthy during Florida's hottest months.

Sources: Texas Health, Nuvance Health, Abbott Newsroom



New HIPAA Security Rule Updates Strengthen Healthcare Data Protection

Healthcare organizations must stay current with evolving data protection requirements, particularly regarding the secure destruction of medical records

Google Reviews

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Your Brain's Hidden Beat - Fascinating New Neuroscience Discoveries

Recent neuroscience research has unveiled remarkable discoveries about how our brains function, offering exciting insights into the mysteries of the mind. Scientists have discovered that when we focus, switch tasks, or face tough mental challenges, the brain starts to sync its internal rhythms, especially in the midfrontal region. Researchers found that "smarter minds sync to it" - meaning higher cognitive ability is associated with better brain rhythm synchronization. Another groundbreaking study revealed that your brain doesn't just send messages through one universal route—it uses separate pathways for spontaneous activity and signals linked to learning. These findings overturn a major neuroscience assumption about how brain communication works.

Perhaps most intriguingly, scientists have identified specialized neurons in the brain that store "meal memories"—detailed recollections of when and what we eat. This discovery helps explain why you might think

and electronic devices. In January 2025, the U.S. Department of Health and Human Services (HHS) proposed significant updates to the HIPAA Security Rule. These changes aim to fortify the protection of electronic protected health information (ePHI) and modernize cybersecurity practices across the healthcare industry.

HIPAA requires all forms of Protected Health Information (PHI) to be destroyed or disposed of securely when no longer required. For paper records, HHS recommends "shredding, burning, pulping, or pulverizing the records so that PHI is rendered essentially unreadable, indecipherable, and otherwise cannot be reconstructed."

For electronic PHI, HHS advocates clearing and purging electronic media, or destroying the media by disintegration, pulverization, melting, incinerating, or shredding. The key requirement is that the destruction method must make data recovery impossible. Organizations must train all employees involved in PHI disposal on proper destruction methods, use of designated disposal bins, and risks associated with improper disposal. This includes volunteers and temporary staff.

Failing to implement reasonable safeguards for PHI destruction can result in substantial fines. CVS Pharmacy received a \$2.25 million settlement in 2009 for improper disposal of PHI.

Healthcare organizations should partner with NAID AAA certified shredding companies that provide certificates of destruction and maintain proper chain of custody documentation to ensure full compliance with these strengthened requirements.

Sources: HIPAA Journal, Total HIPAA, Country Mile Document

you're still hungry even after eating.

Researchers have also discovered a direct link between the smell of food and feelings of fullness. This brain circuit, located in the medial septum and triggered by food odors, helps animals eat less by making them feel satisfied. These discoveries demonstrate that the brain is far more complex and sophisticated than previously understood, with specialized circuits for everything from hunger regulation to learning pathways. Each breakthrough brings us closer to understanding how this remarkable three-pound organ controls virtually every aspect of our lives.

Sources: ScienceDaily, Neuroscience News



**"Freedom and
democracy are
dreams you never
give up"**

- Aung San Suu Kyi

**"America is another
name for opportunity."**

- Ralph Waldo Emerson

**"Everything that is
really great and
inspiring is created by**

Destruction



the individual who
can labor in freedom."

- Albert Einstein

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Legal & Compliance Update: Florida's Digital Bill of Rights Enhances Data Protection

With cybercriminals becoming increasingly sophisticated, it's crucial to recognize and avoid common scam tactics targeting both businesses and individuals.

Red Flags to Watch For:

- Payment Scams: Urgent requests for payment with promises of compensation, or offers to make payments on your behalf
- Tech Support Scams: Unsolicited calls claiming your computer has malware and demanding payment for "fixes"

- Employment Scams: Work-from-home opportunities that require you to purchase equipment or send money for "overpayments"
- Impersonation Scams: Fraudsters posing as legitimate companies requesting personal information or immediate payments to fix account issues

Business-Specific Threats:

- Business Email Compromise: Emails appearing to be from vendors requesting payment to different accounts
- Fake Websites: Professional-looking sites designed to steal login credentials and personal information
- QR Code Scams: Malicious codes directing users to fake websites to harvest personal data

Protect Yourself:

- Verify requests through independent contact methods
- Never provide personal information to unsolicited callers
- Use your smartphone's default camera app when scanning QR codes
- Research unfamiliar companies and opportunities independently
- Be suspicious of urgent payment demands or "too good to be true" offers

If You've Been Targeted: Report incidents to the FTC at [ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov) and the BBB Scam Tracker. Trust your instincts – when something sounds suspicious, it usually is.

Remember: legitimate companies will never demand immediate payments through untraceable methods or pressure you into quick decisions. Taking time to verify requests can save you from significant financial losses.

Source: Capital One, Common Scam Types

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Waste

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