



December Newsletter

## Your Monthly Shred & Med Waste News!

Visit our website

### YOUR TRUSTED SECURITY & COMPLIANCE COMPANY

Welcome to December 2025!

Happy Holidays from the All Points Family!



uRISQ<sup>®</sup>  
powered by CSR

All Points Protection Suite  
powered by uRISQ: Breach  
Support Module

### If a Breach Happens, Do You Know What to Do?

The reality is, no matter how prepared you are, breaches can still happen. What matters is how you respond.

With uRISQ's Breach Support module, you're never left in the dark. You gain access to a virtual Certified Privacy Professional who will:

- Guide you through investigating the incident
- Help you determine reporting obligations to regulators and customers
- Ensure every step is taken to reduce damage and restore trust

Without expert support, businesses often stumble during a breach, making costly mistakes that could have been avoided. With us and uRISQ by your side, you'll have a proven plan and professional guidance to navigate the crisis.

Learn more about uRISQ Training Module at [myurisq.com](https://myurisq.com) or call us at 772.222.3266



## 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!**

**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: (By appointment only)**

921 SE 13th Place, Cape Coral, FL

*\$25/box (credit card/debit card only)*

## **December Special: 1 Month Free Medical Waste Compliance Training!**

Start 2026 compliant and protected! Sign a new 3-year Medical Waste agreement this December and receive 1 Month FREE of our comprehensive online compliance training; **a value of up to \$200.**

Our training program covers HIPAA, Hazcom, Bloodborne Pathogens, DOT, PPE, Sharps Safety, Fire & Electrical Safety, and Hand Hygiene. It's the perfect way to ensure your entire team starts the new year with up-to-date knowledge and your practice stays compliant with all regulatory requirements.

End-of-year is the ideal time to evaluate your medical waste disposal partner. With this limited-time offer, you'll secure reliable, compliant medical waste service while giving your staff the training tools they need to maintain the highest safety standards. Offer valid for new 3-year Medical Waste contracts signed in December 2025.

Call 772.222.3266 today to schedule a free consultation and lock in your compliance training!



## December Health & Wellness: The Surprising Benefits of Cold Weather Exercise

As temperatures drop across Florida this December, you might be tempted to skip outdoor activities. However, research shows that exercising in cooler weather offers unique health advantages you won't want to miss.

A study published in the Journal of Clinical Endocrinology found that cold weather exercise can boost your metabolism more effectively than working out in warm conditions. When your body works to maintain its core temperature during outdoor activity, it burns additional calories—up to 30% more than the same workout performed in warmer weather.

Cold air also contains higher oxygen levels, which can improve cardiovascular performance and endurance. Researchers at the University of Colorado found that athletes training in cooler temperatures showed improved respiratory function and increased lung capacity over time.

Perhaps most surprisingly, exposure to cold during exercise may enhance your immune system. A study in the International Journal of Circumpolar Health revealed that regular cold weather activity increased production of white blood cells, helping your



## Are You Compliant? We Can Help!

All Points offers online compliance training for HIPAA, Hazcom, Bloodborne Pathogens, DOT, PPE, Sharps, Fire and Electrical Safety, and Hand Hygiene.

**For More Information,  
Call 772.222.3266**

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## All Points is Proud of Our Over 500 5-Star Google Reviews. Consider Writing 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!

body fight off winter illnesses.

The cooler December weather in the Treasure Coast and Palm Beaches provides the perfect opportunity to take your workout outdoors. Morning walks, beach jogs, or cycling sessions in 60-70 degree temperatures offer the ideal conditions to reap these benefits without extreme cold exposure.

Just remember to dress in layers, stay hydrated, and warm up properly before heading out. Your body will thank you for embracing the season.

*Source: Journal of Clinical Endocrinology & Metabolism; International Journal of Circumpolar Health; University of Colorado Sports Medicine Research*



## **Security & Compliance: Year-End Document Retention: What to Keep and What to Shred**

As 2025 comes to a close, businesses across Florida face an important decision: which documents to retain and which to securely destroy. Making the right choices protects you from both legal liability and data breach risks.

The IRS requires businesses to keep tax records for at least seven years, but the retention period varies by document type. Employment tax records must be kept for four years after the tax becomes due or is paid. However, records related to property and investments should be

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## **Why Your Brain Loves Holiday Generosity**

The holiday season inspires giving, and science reveals that generosity literally makes your brain happier. Understanding the neurochemistry behind charitable acts explains why December feels so special.

Research from the National Institutes of Health used MRI scans to study brain activity during charitable giving. Scientists discovered that donating to others activates the brain's reward centers—the same regions that respond to food, money, and other pleasurable stimuli. This phenomenon, called the "helper's high," releases dopamine and endorphins that create feelings of euphoria.

But the benefits go deeper. A study published in Nature Communications found that people who committed to spending money on others over just two weeks showed increased activity in the brain's temporo-parietal junction, an area associated with happiness, empathy, and social connection. The more generous people were, the more their brains showed these positive changes.

maintained for as long as you own the asset, plus seven years after disposal.

Florida's Information Protection Act requires businesses to maintain reasonable security measures for personal information. Keeping documents beyond their required retention period actually increases your liability. Each unnecessary document containing customer or employee data becomes a potential breach target. The longer you hold sensitive information, the greater your risk.

HIPAA regulations require healthcare providers to retain medical records for a minimum of six years from creation or last use, whichever is later. Florida law extends this to seven years for certain medical practices. However, once the retention period expires, these records must be destroyed in compliance with the HIPAA Security Rule, which mandates complete and irreversible destruction.

FACTA regulations require proper disposal of consumer information to prevent identity theft. Simply throwing documents in the trash violates federal law. Businesses must implement policies that ensure sensitive information is properly destroyed through secure shredding. This December, conduct a thorough document audit. Identify files that have passed their retention requirements and schedule them for secure destruction. Starting 2026 with only necessary documents reduces storage costs, minimizes liability, and strengthens your data security posture.

*Source: IRS Publication 583; Florida Information Protection Act; HIPAA Security Rule 45 CFR § 164.310; FACTA Disposal Rule 16 CFR Part 682*

Even more fascinating: anticipating giving activates these reward centers. Researchers at the University of Oregon found that merely thinking about donating money triggered neural responses similar to actually receiving money. Your brain literally cannot tell the difference between giving and receiving.

The hormone oxytocin plays a crucial role too. Often called the "bonding hormone," oxytocin increases when we perform generous acts, strengthening our social connections and reducing stress. This may explain why volunteer work and charitable giving are linked to lower blood pressure and longer lifespans.

As you consider year-end donations or volunteer opportunities this December, remember: generosity isn't just good for those you help—it's scientifically proven to benefit your own mental and physical health.

*Source: National Institutes of Health; Nature Communications; University of Oregon Psychology Department*



**"The best way to predict the future is to create it."**

- Peter Druker

**"Success is not final, failure is not fatal: it is the courage to continue that counts."**

- Winston Churchill



**"In the middle of difficulty lies opportunity."**

- Albert Einstein

**WE OFFER ELECTRONIC & HARD  
DRIVE DESTRUCTION**  
Click Here to Learn More!

**Call Now for a Free Quote**  
**772.222.3266**



## **Security & Compliance: Understanding Florida's New Data Breach Notification Requirements**

Florida businesses must stay current on data breach notification laws as regulations continue to evolve. Recent updates to the Florida Information Protection Act impose stricter requirements on how companies handle and report data breaches.

Under current Florida law, any business that experiences a breach affecting more than 500 Florida residents must notify the Florida Department of Legal Affairs within 30 days. Previously, some businesses delayed notifications while investigating incidents. The updated regulations now impose penalties for late reporting, even if the delay was unintentional.

What constitutes a reportable breach? Florida law defines it as unauthorized access to personal information including Social Security numbers, driver's license numbers, financial account information, medical records, or health insurance data. Importantly, the law covers both electronic and physical records. A stolen filing cabinet containing customer information requires the same notification as a hacked database.

The notification must include specific details: the number of individuals affected, the type of information compromised, and the steps your business is taking to protect affected parties. Businesses must also offer identity theft protection services to affected individuals when Social Security numbers are compromised.

Many businesses mistakenly believe they're exempt if they "didn't notice" the breach. Florida law holds companies responsible for implementing reasonable security measures that would detect breaches. Failing to discover a breach due to inadequate monitoring doesn't exempt you from penalties. The most effective protection combines prevention and compliance. Secure shredding of physical documents eliminates the most common source of small business data breaches—improper disposal of paper records. Unlike electronic breaches that make headlines, paper-based breaches often go unreported despite causing significant damage.

As you review your 2026 security planning, ensure your document destruction policies meet Florida's legal requirements. Working with a NAID AAA Certified shredding provider demonstrates the "reasonable measures" Florida law requires, providing legal protection if a breach occurs.

*Source: Florida Statutes § 501.171; Florida Department of Legal Affairs Breach Notification Guidelines; NAID AAA Certification Standards*

**Check Out Our 5-Star Google Reviews Here!**

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[Click Here to Learn About Electronics Destruction](#)



**All Points Mobile Shredding & Medical Waste**

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