



November Newsletter

Your Monthly Shred & Med Waste News!

Visit our website

YOUR TRUSTED SECURITY & COMPLIANCE COMPANY

Welcome to November 2025!

Fall is in full swing, and South Florida businesses are wrapping up the year stronger than ever. As the holidays approach, it's a great time to celebrate local wins and double-check that your business stays protected when things get busy. This month, we're sharing the latest community highlights, key updates you should know, and simple ways to keep your company's data safe through the season.



uRISQ[®]
powered by CSR

**All Points Protection Suite
powered by uRISQ: Policy
Center Module**

Build Strong Business Practices Without Starting from Scratch

Every successful business runs on clear policies and standards. When it comes to privacy and security, those policies aren't just "nice to have," they're required to stay compliant and competitive.

The uRISQ Policy Center gives you editable templates for the policies SMBs need most. From data handling procedures to security response plans, you'll have a strong foundation to guide your employees and prove your commitment to protecting information.

Instead of spending months writing policies on your own, you can have professional, ready-to-use frameworks at your fingertips. The uRISQ Policy Center is part of the comprehensive uRISQ cyber privacy suite designed specifically for small to medium-sized businesses.

Learn more about uRISQ Training Module at 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 SHREDED 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)



November Special: New Customers Save \$25

Ready to experience secure document destruction from Florida's trusted shredding experts? All Points Mobile Shredding is welcoming new customers this November with an exclusive offer!

New customers save \$25 on a one-time purge of \$300 or more.

Whether you're a small business, healthcare provider, law firm, or individual with a large volume of confidential documents to destroy, this is the perfect opportunity to partner with the region's leading NAID AAA Certified shredding provider.

For more information, call 772.222.3266



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**

**All Points is Proud of Our
Over 500 5-Star Google
Reviews.**

November Health & Wellness: Beat The Holiday Stress This November

As November arrives, so does the beginning of the busy holiday season. According to the American Heart Association, six in 10 Americans find the expectations of the holidays more stressful than doing their income taxes. But November is the perfect time to get ahead of holiday stress before December chaos arrives.

The key is starting early and maintaining your healthy habits. Research shows that the more you abandon healthy practices during the holidays, the harder it becomes to restart them in January. Instead, make a pact with yourself in November: commit to moving your body daily, maintaining healthy eating habits, and getting at least seven hours of sleep each night.

Experts recommend setting realistic expectations early. Perfect holidays don't exist, and accepting that small things will go wrong actually reduces stress significantly. Additionally, delegating tasks and learning to say "no" to extra commitments can protect your mental health. Finally, practice gratitude and mindfulness. Taking just 15 minutes daily for deep breathing, meditation, or journaling can shift your perspective from what's lacking to what's abundant in your life.

Remember: the holidays are meant to be enjoyed. By prioritizing your wellness now, you'll enter December refreshed rather than exhausted.

Sources: American Heart Association; Johns Hopkins Medicine; Franciscan Health; Kaiser Permanente

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!

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

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



The Brain Science Behind Gratitude: How Thankfulness Changes Your Mind

Did you know that expressing gratitude actually rewires your brain? Scientists have discovered that practicing thankfulness activates specific neural pathways that improve your mental and physical



Security & Compliance: Paper Data Breaches: Why Your Physical Documents Are A Security Threat

While cyberattacks dominate headlines, a critical vulnerability often goes overlooked: paper documents. According to recent data, 65% of hospital data breaches originate from physical documents rather than electronic systems. In 2024, the global average cost of a data breach reached \$4.88 million—a 10% increase from the previous year.

The problem is that many organizations fail to properly dispose of sensitive paper records. Financial documents, medical records, employee files, and customer information discarded in regular trash become treasure troves for criminals. Unlike digital data, which can be encrypted or wiped, paper documents sitting in a landfill or recycling bin can be retrieved and reconstructed.

Regulations like HIPAA, FACTA, and GDPR mandate secure destruction of sensitive information. Failure to comply can result in fines reaching €20 million or 4% of annual turnover under GDPR alone. Additionally, data breaches from improper document disposal damage reputation, erode customer trust, and result in costly legal battles.

health, and it's particularly powerful during the Thanksgiving season.

When you feel grateful, your brain releases dopamine and serotonin, the same chemicals responsible for happiness and contentment. Research shows that gratitude can increase gray matter volume in areas of your brain related to reward processing and emotional regulation. One groundbreaking study found that simply writing down what you're grateful for can shift your brain's activity for months afterward.

But here's the fascinating part: gratitude doesn't just feel good emotionally, it has measurable physical benefits. People who practice regular gratitude report fewer headaches, better sleep quality, and stronger immune systems. Gratitude also boosts oxytocin, known as the "love hormone," which strengthens social bonds and creates feelings of trust and connection.

The best part? You don't need to spend hours meditating. A simple daily gratitude practice, whether writing three things you're thankful for each morning or expressing appreciation to someone can transform your brain chemistry. This November, as you prepare for Thanksgiving, try implementing a daily gratitude practice and notice how it shifts not just your mood, but your entire perspective on life.

Sources: Positive Psychology; Cedars-Sinai; Dr. Sara Gottfried MD; Medium; HappyFeed

The solution? Implement a comprehensive document destruction policy and partner with a certified shredding provider. Professional shredding companies use cross-cut industrial equipment that reduces documents to confetti-like particles that cannot be reconstructed. Certified providers also issue Certificates of Destruction that serve as proof of compliance during audits and legal inquiries.

Don't let your trash become a data breach. Secure destruction of physical documents is an essential component of any comprehensive data protection strategy.

Sources: IBM 2024 Data Breach Report; HIPAA Journal; VRC (Vital Records Control); Intelics



WE OFFER ELECTRONIC & HARD DRIVE DESTRUCTION
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Call Now for a Free Quote
772.222.3266



"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity. It makes sense of our past, brings peace for today, and creates a vision for tomorrow."

- Melody Beattie

"Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good."

- Maya Angelou

"Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude."

- A.A. Milne



Security & Compliance: Understanding NAID AAA Certification: Your Compliance Protection

When selecting a document shredding provider, you'll often see the acronym "NAID AAA Certified." But what does this certification really mean, and why should it matter to your business?

NAID (National Association for Information Destruction) is the international standards-setting body for the information destruction industry. NAID AAA Certification is not a simple membership, it's a rigorous credential awarded only to companies that pass comprehensive, unannounced audits conducted annually by independent Certified Protection Professionals.

To achieve and maintain NAID AAA Certification, destruction providers must demonstrate strict compliance with numerous regulations including HIPAA, FACTA, the Gramm-Leach-Bliley Act (GLBA), and SOX. The certification requires documented policies for chain-of-custody tracking, employee background screenings, secure container management, GPS-tracked vehicles, and industrial shredding equipment meeting specific destruction specifications.

When you work with a NAID AAA certified provider like All Points Mobile Shredding, you gain critical compliance protection. Each destruction service includes a Certificate of Destruction—legal documentation proving your company's compliance with privacy protection laws. This documentation is essential during compliance audits, regulatory investigations, or legal proceedings.

By choosing a NAID AAA certified partner, you're not just shredding documents, you're investing in your company's legal compliance, reputation protection, and peace of mind that your sensitive information is being handled to the highest industry standards.

Sources: i-SIGMA (formerly NAID); Augusta Data Storage; Pacific Shredding; Corodata; Total Shred

Check Out Our 5-Star Google Reviews Here!

[Click Here to Learn More about On-Site Shredding](#)

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



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