ALL POINTS mobile shredding

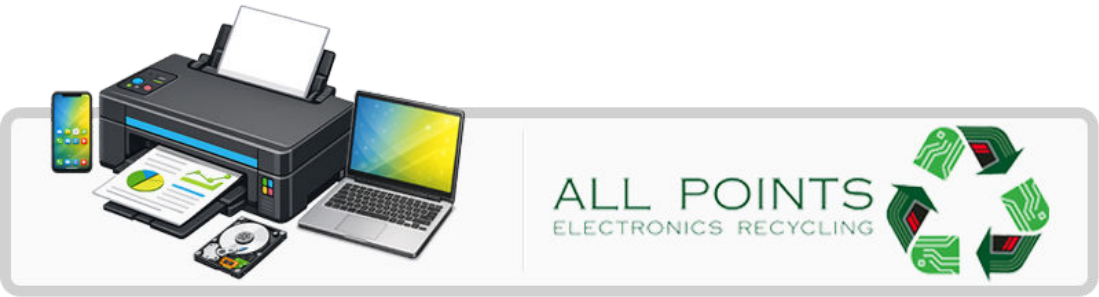
ALL POINTS medical waste

June Newsletter

Your Monthly Shred & Med Waste News!

Visit our website

YOUR TRUSTED SECURITY & COMPLIANCE COMPANY



All Points is expanding! Check out our new division!

In addition to secure shredding and medical waste services, we now offer **All Points Electronics Recycling** — providing secure electronics recycling and IT asset disposition (ITAD) services.

From hard drives and servers to laptops and backup media, protecting sensitive data doesn't stop at paper. We now offer:
• Secure hard drive destruction
• IT asset disposition (ITAD)
• Electronics recycling
• Serialized tracking and certificates of destruction
• Responsible, compliant downstream recycling

This is a natural extension of our commitment to protecting our clients and making compliance simple. Same family-owned company. Same trusted team. Expanded services.

If you have electronics to recycle or would like a quote, we would love to help.

Thank you for continuing to trust All Points.

Visit Our New Website Today!

uRISQ Module Spotlight

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.

Contact us to learn more about uRISQ: 772.222.3266

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)

June Special
Free Document or Hard Drive Destruction with New Medical Waste Contract!

Sign a new 3-year Medical Waste contract in June and receive your choice of:

Option A: Free destruction of one full bin of paper (approximately 6–7 copy paper boxes / 200 lbs)

OR

Option B: Up to 5 hard drives destroyed FREE

- Applies to new 3-year Medical Waste contracts only
- Must be signed in the month of June
- Destruction must be completed at the time of initial setup
- Destruction is done off-site
- NAID AAA Certified
- HIPAA Compliant
- Certificate of Destruction Provided

$20/box, $25/hard drive
(cash or check only)

All Points Mobile Shredding Cape Coral:

(Every second Friday of the month)
921 SE 13th Place, Cape Coral, FL

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

June Health & Wellness

The Sleep-Immunity Connection: Why a Good Night's Rest Is Your Body's Best Defense

Summer schedules, longer days, and later nights can quietly erode one of your most important health assets, quality sleep. And the science says the consequences go far deeper than just feeling tired.

Research from the National Institutes of Health found that adults who cut back on sleep for just six weeks showed significantly increased markers of inflammation, the kind of chronic, low-grade immune response linked to heart disease, diabetes, and other serious conditions. The study confirmed what immunologists have long suspected: sleep and immune function are directly connected, and losing one weakens the other.

Your immune system relies on sleep to produce cytokines, proteins that help fight infection and inflammation. During deep sleep, your body also activates T-cells, the specialized

Starting a new medical waste relationship with All Points? Let us take care of those old documents or hard drives that have been sitting around collecting dust, on us.

Call us today at **772.222.3266** or visit allpointsprotects.com to learn more.

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. Consider Writing One!

All Points Mobile Shredding and Medical Waste loves to delight our

white blood cells responsible for identifying and destroying virus-infected cells. When you consistently sleep fewer than seven hours, your body produces fewer of these critical defenders, leaving you more vulnerable to illness.

The connection works both ways. A landmark review published in *Physiological Reviews* found that quality sleep not only reduces infection risk but actually improves vaccination responses, meaning your body mounts a stronger immune defense when you're well-rested. The researchers described sleep as creating a hormonal environment that actively supports immune function.

One in three Americans doesn't get the recommended seven to nine hours of nightly sleep, according to the CDC. The consequences extend well beyond fatigue, chronic sleep deprivation has been linked to increased risk of obesity, cardiovascular disease, type 2 diabetes, and cognitive decline.

The practical advice is simple: prioritize consistent sleep and wake times, limit screen exposure before bed, keep your bedroom cool and dark, and avoid caffeine after noon. Your immune system will thank you, especially heading into the summer months.

Sources: National Institutes of Health; Physiological Reviews (American Physiological Society); CDC; Loma Linda University

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!

Laughter Really Is the Best Medicine: The Science Behind Why It Works

It turns out your grandmother was right, laughter genuinely is good for your health, and the science behind it is more impressive than you might expect.

A meta-analysis published in *PLOS ONE* reviewed interventional studies on spontaneous laughter and found that laughing reduces cortisol, your body's primary stress hormone, by approximately 32% compared to non-humorous activities. Researchers at UCLA Health report that even a single session of laughter can cut cortisol levels by as much as 37%, regardless of how long you laugh or what triggers it.

But the benefits go well beyond stress relief. Research from Loma

Security & Compliance

Does Your Business Have a Written Security Policy? If Not, You're Flying Blind.

Most businesses have locks on their doors, passwords on their computers, and some form of antivirus software. But ask them for their written information security policy and many come up empty.

That gap is a serious problem, and it's becoming a legal one, too.

A Written Information Security Program, or WISP, is a formal document that describes how your organization protects sensitive data: who is responsible for security, how access is controlled, how employees are trained, how vendors are vetted, and what happens when something goes wrong. Multiple federal and state regulations now require businesses to maintain one.

The FTC Safeguards Rule mandates a written security program for any business handling consumer financial data, with penalties reaching $46,517 per violation per day for non-compliance. HIPAA requires covered entities and business associates to document their security policies and procedures and retain that documentation for at least six years. The IRS requires all tax preparers to maintain a WISP and certify compliance on their annual PTIN renewal.

A growing number of states are following suit. Massachusetts has required WISPs since 2010, and as of January 2026, Alaska now requires insurers to develop and maintain written security programs as well. Even in states without explicit WISP mandates, having a documented security plan provides critical legal protection in the event of

Linda University found that laughter triggers the release of endorphins (your body's natural painkillers), increases production of infection-fighting antibodies, and boosts natural killer cell activity, the immune cells that target viruses and even tumor cells. The same research team discovered that simply anticipating a funny experience is enough to start lowering stress hormones and boosting protective immune markers.

Laughter also benefits your cardiovascular system. Studies show an inverse relationship between propensity to laugh and coronary heart disease risk, in other words, people who laugh more frequently have a lower risk of heart attacks. The act of laughing increases blood flow and oxygen intake while relaxing blood vessels, providing a brief but measurable cardiovascular workout.

The U.S. Department of Veterans Affairs now includes humor as part of its Whole Health wellness framework, recommending that patients actively seek out 10 to 15 minutes of genuine laughter daily as part of a comprehensive stress management strategy.

Whether it's a favorite comedy, a funny podcast, or just sharing a good story with friends, the prescription is simple: laugh more, stress less, and let your body do the rest.

Sources: PLOS ONE; UCLA Health; Loma Linda University; U.S. Department of Veterans Affairs Whole Health Library; Mayo Clinic

a breach, demonstrating that your business exercised reasonable care.

The reality is that creating a WISP is not complicated, but operating according to it is where most businesses fall short. The document should be reviewed annually, updated when you add new employees or systems, and tested through regular security assessments.

If you don't have a written security policy in place, the time to create one is now, before regulators or attackers force the issue. All Points can help with the secure destruction side of your compliance program.

Sources: FTC Safeguards Rule; IRS Publication 4557; HIPAA Security Rule (45 CFR 164); Constangy Cyber Advisor; Bellator Cyber

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Click Here to Learn More!

Call Now for a Free Quote
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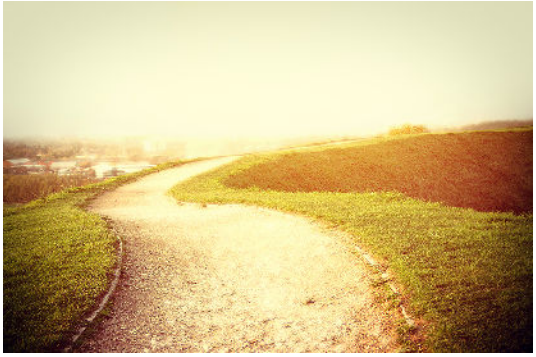


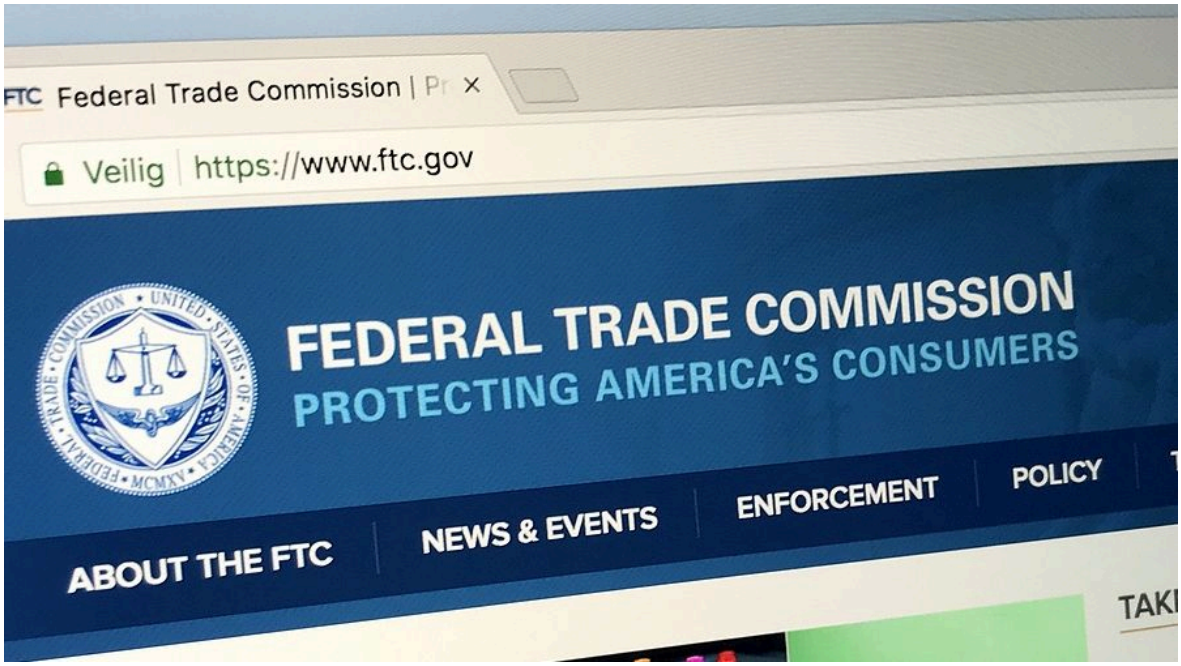
"You don't have to be great to start, but you have to start to be great."
- Zig Zigler

"The future belongs to those who prepare for it today."

- Malcolm X

"Do what you can, with what you have, where you are."

- Theodore Roosevelt



Legal & Compliance

The FTC Safeguards Rule: Why Every Florida Business Handling Financial Data Needs a Written Security Plan

If your business handles any form of consumer financial information, client payment records, loan applications, insurance forms, tax returns, or even credit card receipts, the federal government now requires you to have a comprehensive written security program in place.

The FTC's revised Safeguards Rule, which strengthened requirements in recent years, applies to a broader range of businesses than many owners realize. It covers not just banks and investment firms but also auto dealers, accountants, mortgage brokers, real estate settlement companies, and any business that collects financial information from customers.

The rule requires businesses to designate a qualified individual to oversee the security program, conduct regular risk assessments, implement access controls to protect customer data, encrypt sensitive information, train employees on security awareness, develop an incident response plan, and periodically assess the security practices of their service providers.

Penalties for non-compliance are significant. The FTC can impose fines of up to $46,517 per violation per day, and enforcement activity has increased substantially in 2025 and 2026. Separately, state attorneys general can pursue additional penalties under their own consumer protection laws, meaning a single breach could expose a business to both federal and state enforcement actions simultaneously.

For Florida businesses, the compliance landscape stacks even further. The Florida Information Protection Act requires breach notification within 30 days, and the Florida Digital Bill of Rights creates additional obligations around how consumer data is collected, stored, and deleted.

The most important step any business can take is to document its security practices now, before an incident forces the conversation. A written plan, regularly updated, is the foundation of any defensible compliance posture. All Points Mobile Shredding is NAID AAA Certified and provides a Certificate of Destruction with every job. We can help you address the secure destruction component of your compliance program.

Call 772.222.3266 to learn more.

Sources: FTC Safeguards Rule (16 CFR Part 314); Constangy Cyber Advisor; AllPointsProtects.com; Florida Information Protection Act

Check Out Our 5-Star Google Reviews Here!

Click Here to Learn About On-Site Shredding

Click Here to Learn About Electronics Destruction

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