ALL POINTS mobile shredding

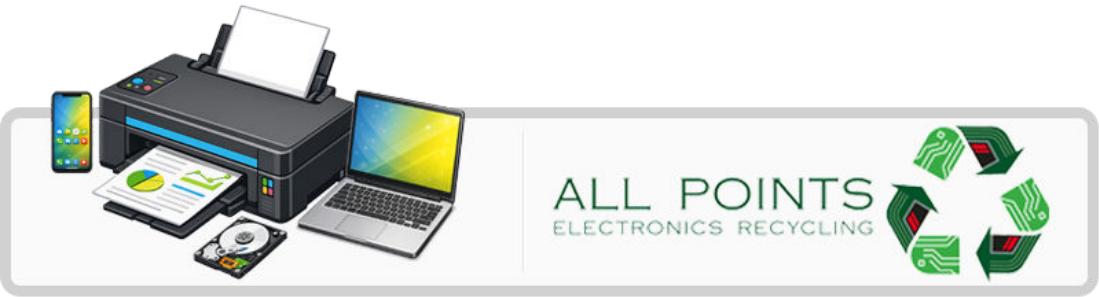
ALL POINTS medical waste

September 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

Your Best Defense Against Data Breaches = Your Team

Technology can only do so much if your employees aren't prepared. Did you know that human error causes most accidental data breaches?

That's why uRISQ's **Training module** is so important. We'll provide your team with recurring, easy-to-follow training sessions on phishing, social engineering, and privacy best practices. By building awareness into everyday routines, you drastically cut the chances of costly mistakes.

Think of it as cyber self-defense classes for your staff — empowering your team to recognize and stop threats before they harm your business.

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)

September Special
Get 1 Month Free on Recurring Services!

Sign a new 3-year recurring Shredding or Medical Waste service agreement in September and receive **1 month FREE — up to a $200 value!**

- Valid for new 3-year recurring service agreements only
- Must be signed in the month of September
- Up to $200 value
- NAID AAA Certified
- HIPAA Compliant
- Certificate of Destruction Provided

There's never been a better time to lock in reliable, compliant service for your business. Whether it's scheduled shredding or medical waste pickup, we make compliance simple.

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

$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)

September Health & Wellness
The Science of Mindfulness: How a Few Minutes of Stillness Can Calm Your Whole Body

As summer winds down and schedules ramp back up, stress has a way of creeping in. The good news is that one of the most effective tools for managing it doesn't require any equipment, appointment, or cost, just a few quiet minutes.

A large-scale study published in *Nature Human Behaviour* tested self-administered mindfulness exercises across 37 research sites and 2,239 participants, and found that even brief, guided mindfulness practices produced a significant, measurable reduction in short-term stress. The scale of the study, one of the largest of its kind, adds substantial weight to decades of smaller research showing similar results.

According to the American Psychological Association, mindfulness meditation changes the brain and body in ways that extend well beyond the moment of practice.

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 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!

A review of more than 200 studies found that mindfulness-based therapy was especially effective at reducing stress, anxiety, and depression symptoms in generally healthy people. Structured programs like Mindfulness-Based Stress Reduction (MBSR), which combine breathing exercises, body awareness, and gentle movement, have become a standard, evidence-based approach used in hospitals and clinics nationwide.

The physiological effects are measurable, too. A systematic review of 45 randomized controlled trials found strong evidence that mindfulness meditation reduces cortisol and C-reactive protein, two key biological markers of chronic stress and inflammation. Newer neuroimaging research published in 2026 shows that mindfulness practice strengthens connectivity between brain regions responsible for emotional regulation, self-awareness, and attention.

The best part is that mindfulness doesn't require hours of practice to see benefits. Even five to ten minutes a day of focused breathing or a short guided meditation can begin to shift how your body responds to stress over time.

This September, as routines pick back up, consider carving out a few quiet minutes for yourself. Your nervous system will notice the difference.

Sources: Nature Human Behaviour (2026); American Psychological Association; European Journal of Radiology (2026)

Click Here to Read Our Google Reviews

Click Here to Write All Points a 5-Star Google Review!

Why Your Pet Might Be the Best Thing for Your Heart

If you've ever felt your stress melt away after a few minutes with a dog or cat, you're not imagining it, science backs up what pet owners have always known.

According to a scientific statement from the American Heart Association, pet ownership, particularly dog ownership, is likely associated with a reduced risk of cardiovascular disease. The connection isn't just anecdotal. Research reviewed by the AHA found that dog owners tend to have lower resting heart rates, healthier cholesterol and triglyceride levels, and lower blood pressure compared to non-owners.

One of the key mechanisms appears to be stress reduction. The National Institutes of Health notes that pet ownership helps lower cortisol, the body's primary stress hormone, while interacting with a pet, through petting, cuddling, or simply spending time together, triggers the release of oxytocin, often called the "love hormone," which promotes bonding and relaxation. A 2022 review published in *Current Hypertension Reports* found that cat owners were 42% less likely to have high blood

Security & Compliance

Why Backups Alone Won't Save You From Ransomware in 2026

For years, businesses have been told that a solid backup strategy is the ultimate defense against ransomware. That advice is no longer enough on its own, and understanding why could save your business.

According to VikingCloud's 2026 ransomware research, an alarming 96% of ransomware attacks now specifically target backup infrastructure. Attackers know that backups are the recovery lifeline, so they seek them out and disable or encrypt them before deploying the primary attack, meaning that even businesses with a backup strategy can find themselves with nothing to restore from.

The numbers paint a sobering picture. Ransomware accounted for 88% of all small business data breaches in 2025, compared to just 39% at large organizations, according to the Verizon Data Breach Investigations Report. A 2025 Mastercard survey of more than 5,000 small business owners found that nearly one in five businesses that experienced a cyberattack ultimately went bankrupt or closed entirely.

pressure than non-pet owners, and dog owners were 31% less likely.

The benefits extend beyond the emotional. Dogs in particular encourage physical activity through regular walks and playtime, which contributes to better cardiovascular fitness. Research has also found that dog ownership is associated with a 24% reduction in all-cause mortality and a 31% lower risk of dying from cardiovascular disease among people who have already suffered a heart attack or stroke.

A survey released by the American Heart Association found that an overwhelming 95% of pet owners report relying on their pets for stress relief, a number that reflects just how central our animal companions have become to our emotional wellbeing.

Whether it's a wagging tail at the door or a cat curled up beside you, the science is clear: our pets aren't just good company. They may genuinely be good for your heart.

Sources: American Heart Association (Scientific Statement on Pet Ownership and Cardiovascular Risk); National Institutes of Health; Current Hypertension Reports (2022); Harvard Health Publishing

"Believe you can and you're halfway there."

- Theodore Roosevelt

"Quality is not an act, it is a habit."

Perhaps most concerning: research from Huntress and other industry trackers shows that in a significant share of ransomware incidents, the attack is first detected by an outside party, a customer, a bank, or law enforcement, rather than the business itself. By the time many businesses realize they've been compromised, significant damage has often already occurred.

The good news is that modern best practices go beyond simple backups. Security experts now recommend the 3-2-1 backup rule, three copies of data, on two different media types, with one copy stored offline or in an immutable format that ransomware cannot reach or encrypt. Equally important is early detection: monitoring for unusual account activity, unauthorized access attempts, and lateral movement within your network before encryption ever happens.

Employee awareness remains one of the most cost-effective defenses available, since most ransomware attacks still begin with a phishing email or compromised credential. All Points offers compliance training resources to help your team recognize threats before they become a crisis.

Call us at **772.222.3266** to learn more.

Sources: VikingCloud 2026 Ransomware Statistics Report; Verizon 2025 Data Breach Investigations Report; Mastercard 2025 SMB Cybersecurity Survey; Huntress Ransomware Guide

- Aristotle

"The secret of change is to focus all of your energy not on fighting the old, but on building the new."

- Socrates

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

Call Now for a Free Quote
772.222.3266

Legal & Compliance

What Happens After a Breach? Understanding Florida's 30-Day Notification Law

Suffering a data breach is stressful enough, but for Florida businesses, the clock starts ticking the moment you discover it, and the deadlines are unforgiving.

The Florida Information Protection Act (FIPA), codified at Florida Statute § 501.171, requires any business that owns, licenses, or maintains computerized personal information of Florida residents to notify affected individuals no later than 30 days after determining that a breach occurred. This is one of the strictest deadlines in the country, most states allow 45 to 90 days. A limited 15-day extension is available, but only with a written good-cause explanation submitted to the Florida Department of Legal Affairs within the original 30-day window.

The obligations scale with the size of the breach. If 500 or more Florida residents are affected, the business must also notify the Florida Attorney General within the same 30-day window. If 1,000 or more residents are affected, the business must simultaneously notify all major consumer reporting agencies.

FIPA casts a wide net in terms of what counts as "personal information", including a Florida resident's name combined with a Social Security number, driver's license number, financial account information, medical history, or even biometric and health insurance data, when unencrypted.

The penalties for missing the deadline are steep. Businesses that fail to comply face civil penalties of $1,000 per day for the first 30 days of non-

compliance, increasing to $50,000 for each subsequent 30-day period, up to a maximum of $500,000 per breach. These penalties are enforced by the Florida Attorney General and can be compounded under Florida's Deceptive and Unfair Trade Practices Act.

Importantly, FIPA also requires that businesses properly dispose of records containing personal information — through shredding, erasure, or other methods that render the data unreadable. Partnering with a NAID AAA Certified provider like All Points Mobile Shredding isn't just good practice — it's a documented, defensible step toward FIPA compliance.

Call 772.222.3266 to learn how secure destruction fits into your compliance plan.

Sources: Florida Statute § 501.171 (Florida Information Protection Act); Florida Bar Journal; DataBreachCost.com; Florida Security Authority

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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