ALL POINTS mobile shredding

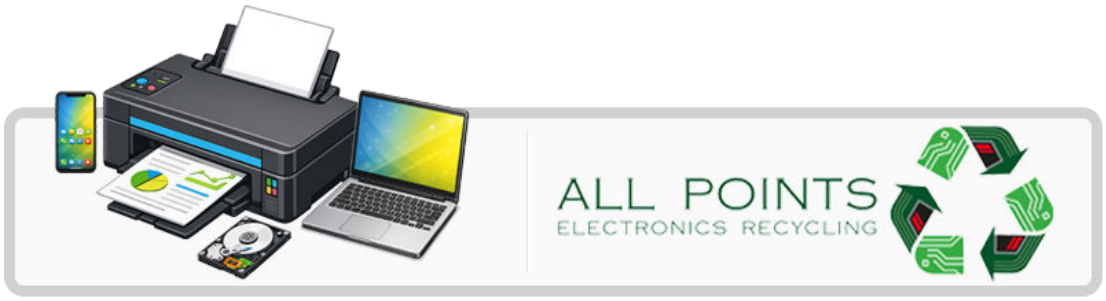
ALL POINTS medical waste

November 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

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.

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!

Peter's Hardware:
Fridays from 9:30AM - 10:30AM
975 SE Federal Hwy, Stuart, FL
(Across from the McDonald's on US-1)

November Special
Shredding Purge Bonus!

Book a shredding purge of 30 boxes or more in November and receive **free destruction of one electronic device! Hard drive, computer, phone or tablet: your choice**

- Valid with any purge of 30 or more boxes
- Must be booked and completed in the month of November
- Electronic device destruction is done off-site
- NAID AAA Certified
- HIPAA Compliant
- Certificate of Destruction Provided

Year-end is the perfect time to clear out old files and retire that old laptop or phone. Clean house before the new year and keep sensitive information out of the wrong hands.

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:
Fridays from 8:00AM - 9:00AM
(Every second Friday of the month)
921 SE 13th Place, Cape Coral, FL

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



November Health & Wellness

American Diabetes Month: The Condition Millions Have Without Knowing It

November is American Diabetes Month, a good time to check in on a condition that often develops quietly. According to the CDC's latest National Diabetes Statistics Report, about 40.1 million Americans, or 12% of the population, have diabetes. More than 1 in 4 adults with diabetes, about 11 million people, don't know they have it.

The bigger number may be the one most people have never heard. More than 115 million American adults have prediabetes, according to the American Diabetes Association's summary of the CDC data. With prediabetes, blood sugar is higher than normal but not yet high enough for a type 2 diabetes diagnosis. The CDC notes that most people with prediabetes don't know they have it, and that it raises the risk of type 2 diabetes, heart disease and stroke.



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!

The stakes are high. Diabetes is the seventh leading cause of death in the United States, and diagnosed diabetes cost the country an estimated $412.9 billion in 2022. Left unchecked, type 2 diabetes can lead to serious complications, including vision loss, kidney failure, heart disease and amputation.

The good news is that type 2 diabetes can often be prevented or delayed. The CDC says people with prediabetes who lose weight through healthier eating and more physical activity can cut their risk of developing type 2 diabetes in half. CDC-recognized lifestyle programs, part of the National Diabetes Prevention Program, are available both in person and online.

A few simple steps:

- Take the American Diabetes Association's free 60-second type 2 diabetes risk test online.
- Ask your doctor about a blood sugar test, such as an A1C, at your next checkup.
- Build in regular activity, like a brisk daily walk.
- Choose more vegetables, whole grains and water, and fewer sugary drinks.

This November, take a minute to learn your risk. It could be one of the most important health steps you take this year.

Sources: Centers for Disease Control and Prevention, National Diabetes Statistics Report (2026); American Diabetes Association, Statistics About Diabetes (2026); CDC, "Prediabetes: Could It Be You?"

Click Here to Read Our Google Reviews

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



The Power of Thank You: What Science Says About Gratitude

As Thanksgiving approaches, it is worth knowing that one of the simplest habits around may also be one of the most useful. Gratitude, the practice of noticing and appreciating the good in your life, has been studied for years, and the results are encouraging.

Harvard Health Publishing notes that gratitude is strongly and consistently linked with greater happiness. In one well-known study, psychologists Robert Emmons and Michael McCullough asked people to write each week about things they were thankful for, things that annoyed them, or neutral events. After 10 weeks, the gratitude group was more optimistic and felt better about their lives. They also exercised more and made fewer doctor visits than the group that focused on irritations.

Another study, led by psychologist Martin Seligman with 411 people, tested several happiness exercises. The biggest boost came from writing a thank-you letter to someone who had never been properly thanked and delivering it in person. The lift in happiness was greater than any

other exercise tested, and it lasted a month.

Gratitude may help at work, too. In an experiment at the Wharton School, university fundraisers who heard their director say she was grateful for their efforts made 50% more calls the following week than those who did not.

The benefits may reach beyond mood. A 2024 study from the Harvard T.H. Chan School of Public Health followed 49,275 older women in the Nurses' Health Study. Those with the highest gratitude scores had a 9% lower risk of dying over the next four years than those with the lowest, and the link was strongest for deaths from heart disease. Because the study was observational, it shows a connection rather than proof of cause and effect.

The good news is that gratitude is a skill that grows with practice. Harvard suggests a few easy ways to start: write a thank-you note, keep a short gratitude journal, count three to five blessings each week, or simply pause to thank someone in your mind.

This fall, try it. Send one thank-you this week, to a customer, a coworker or a friend. It costs nothing, and the research suggests it may do you some good too.

Sources: Harvard Health Publishing, "Giving thanks can make you happier"; Harvard Health Publishing, "Gratitude enhances health, brings happiness, and may even lengthen lives" (2024); Chen et al., "Gratitude and Mortality Among Older US Female Nurses," JAMA Psychiatry (2024)



Security & Compliance

Busy Season, Busy Scammers: How to Spot a Fake Before It Costs You

The weeks between Thanksgiving and the new year are some of the busiest of the year for shoppers, shippers and small businesses. Scammers know it, and they count on rushed people clicking first and thinking later.

The numbers show how big the problem has become. The Federal Trade Commission received about 3 million fraud reports in 2025, with reported losses of nearly $16 billion. That is the highest total on record and roughly 25% more than the year before. Text messages were the most common way scammers made first contact.

Impersonation leads the way. Imposter scams were the most frequently reported type of fraud in 2025, making up nearly one in three reports and $3.5 billion in losses. People reported losing nearly $1 billion to scammers posing as businesses, led by bank impersonators, and about $920 million to scammers posing as government agencies. The FTC notes that some of the costliest scams begin with a fake security alert, often made to look like it came from your bank.

What to watch for this season:

- Fake delivery texts: a message about a missed package with a link to reschedule or pay a small fee. Check tracking directly on the carrier's website instead.
- Gift card requests: an urgent message from "the boss" asking an employee to buy gift cards. Legitimate businesses and government agencies don't ask to be paid in gift cards.
- Fake bank alerts: a warning about suspicious activity that asks you to click a link, call a number or move money to keep it safe. Call the number on the back of your card instead.
- Changed payment details: a vendor email saying their bank account has changed right before a year-end payment. Confirm by phone using a number you already have.

If something feels off, slow down. If you've already sent money, contact your bank right away, and report the scam at **ReportFraud.ftc.gov**.

New devices are part of the season, too. Before you replace laptops, phones or tablets, remember that the old ones still hold passwords, customer records and payment details. All Points offers secure hard drive and electronics destruction with a Certificate of Destruction, plus compliance training to help your team spot scams before they cost you.

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

Sources: Federal Trade Commission, testimony before the Joint Economic Committee (March 25, 2026); Federal Trade Commission, imposter scam data release (June 2026)



"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

- John F. Kennedy

"Gratitude is not only the greatest of virtues, but the parent of all the others."

- Cicero

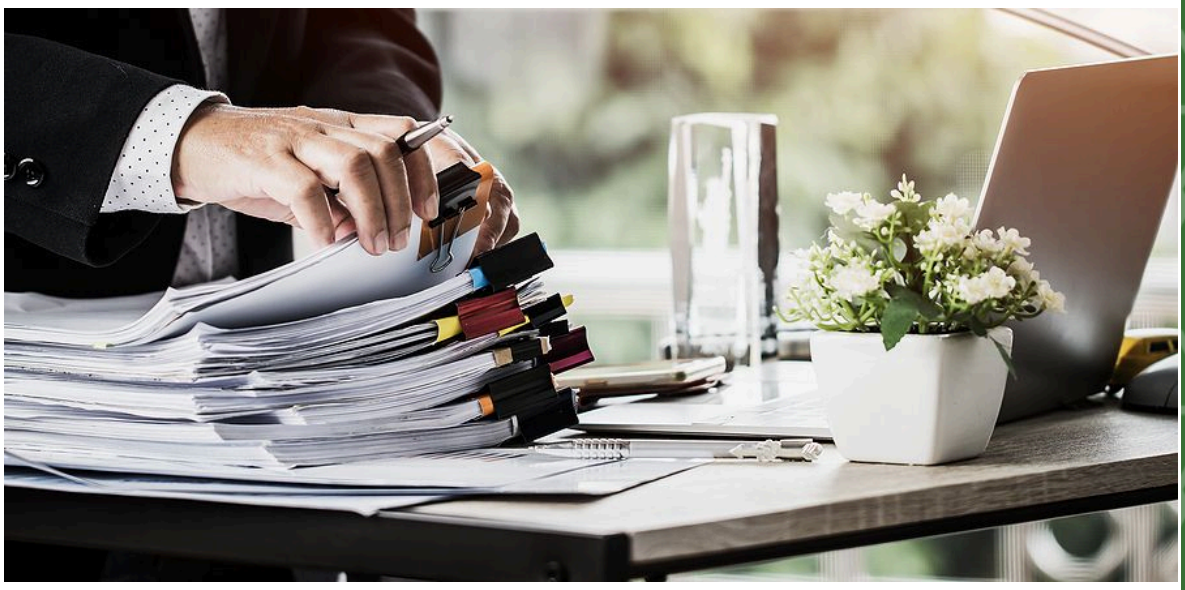
"Plans are worthless, but planning is everything."

- Dwight D. Eisenhower



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Legal & Compliance

Before You Purge: How Long Should You Keep Business Records?

The end of the year is a natural time to clear out file rooms and storage closets. But shredding a document too early can cause headaches in an audit, a lawsuit or a licensing review, while holding on too long leaves sensitive information sitting around. Here is a quick guide to some common retention periods. Because every business is different, check with your accountant or attorney before setting your own schedule.

Tax records: generally 3 years. The IRS says to keep records that support the income, deductions and credits on a tax return until the period of limitations for that return runs out. For most returns, that is 3 years after filing. Some situations call for longer: 6 years if income you should have reported was left off and it is more than 25% of the gross income on your return, and 7 years if you claimed a loss from worthless securities or a bad debt deduction.

Employment tax records: at least 4 years. Keep payroll and employment tax records for at least 4 years after the tax becomes due or is paid, whichever is later.

Property records: until you sell, plus the limitations period. Keep records related to property until the period of limitations expires for the year you dispose of it.

Patient records in Florida: at least 5 years. Florida Board of Medicine rules require physicians to keep patient medical records for at least five years from the last patient contact. The Board also points out that medical malpractice considerations call for keeping them at least seven years. Dentists and other licensed professionals have their own rules, so check with your licensing board.

When time is up, destroy it properly. Florida's Information Protection Act requires businesses to take reasonable measures to dispose of records

containing customers' personal information by shredding, erasing or otherwise making that information unreadable. If you run background checks, the FTC's Disposal Rule adds similar requirements for consumer report information, and it lists using a disposal company certified by a recognized trade association as one example of reasonable care.

A simple retention schedule makes this easier: list your record types, how long to keep each one and a "destroy after" date, then schedule one purge a year.

All Points makes year-end purges simple, with NAID AAA Certified shredding and a Certificate of Destruction for every job. This month, any purge of 30 boxes or more also includes free destruction of one electronic device.

Call 772.222.3266 to learn more.

Sources: Internal Revenue Service, "How long should I keep records?"; Florida Board of Medicine, Rule 64B8-10.002, F.A.C.; Florida Statute § 501.171 (Florida Information Protection Act); Federal Trade Commission, Disposal Rule (16 CFR Part 682)

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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