ALL POINTS mobile shredding

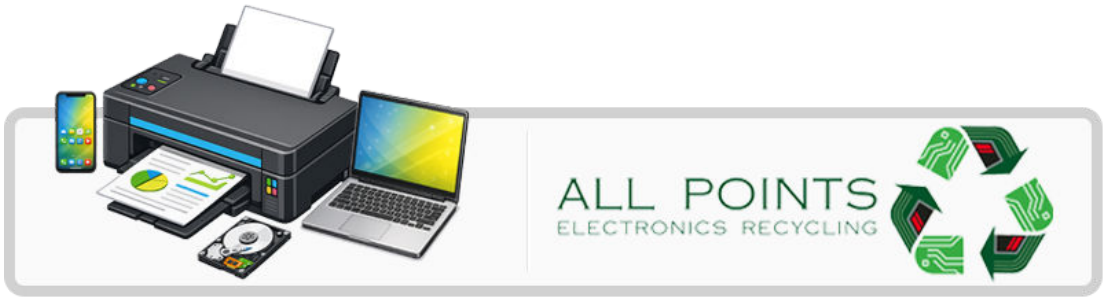
ALL POINTS medical waste

October 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

October Special
Medical Waste Setup Bonus!

Sign a new 3-year Medical Waste service agreement in October and receive **one of the following, FREE:**
Destruction of one full bin of paper (approx. 6 to 7 copy paper boxes, about 200 lbs) **OR**
Up to 5 hard drives destroyed

- Available with a new 3-year Medical Waste contract only
- Must be signed in the month of October
- Must be completed at the time of initial setup
- Destruction is done off-site
- NAID AAA Certified
- HIPAA Compliant
- Certificate of Destruction Provided

Starting medical waste service is the perfect time to clear out old files and retired drives. Set up compliant pickups and securely destroy your old records at the same time.

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

(Across from the McDonald's on US-1)

$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)



October Health & Wellness

Breast Cancer Awareness Month: Closing the Gap Between Knowing and Doing

October is Breast Cancer Awareness Month, and the numbers show why it matters. The American Cancer Society projects about 321,910 new cases of invasive breast cancer in U.S. women in 2026, plus roughly 2,670 cases in men. About 1 in 8 women will be diagnosed in her lifetime, and rates are rising about 1% a year, a little faster for women under 50.

New research released this month offers a hopeful angle. In a survey of about 33,000 women, the American Cancer Society found that most women know which habits affect their risk, but far fewer act on that knowledge. The organization estimates that more than 30% of



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!

breast cancers could be prevented through healthy behaviors.

The biggest gap was exercise. While 91% of women knew that low activity raises cancer risk, only 27% reached the recommended 150 to 300 minutes of moderate activity each week. Alcohol came second: 85% knew it raises risk, yet 69% reported drinking. The survey also showed that family history is not the whole story. More than 85% of women diagnosed with breast cancer have no family history of the disease.

Screening is the other half of the picture, and guidelines differ on timing. The American College of Radiology, the Society of Breast Imaging and the National Comprehensive Cancer Network recommend yearly mammograms starting at 40 for women at average risk. The U.S. Preventive Services Task Force recommends a mammogram every other year from 40 to 74. Either way, experts agree on one step: ask your doctor for a personal risk assessment, especially if you have dense breast tissue or a strong family history.

Small, steady changes add up. A brisk 30-minute walk five days a week meets the activity goal. Cutting back on alcohol, keeping a healthy weight and putting your next mammogram on the calendar are all within your control. The American Cancer Society also offers a free online tool, CancerRisk360, that shows which risk factors you can change.

This October, share these facts with the women in your life, and book that screening.

Sources: American Cancer Society, "From Awareness to Action" survey release (October 1, 2026); American Cancer Society, Cancer Facts & Figures 2026; Breastcancer.org,

Click Here to Read Our Google Reviews

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



Good Company: Why Friendship May Be One of the Best Things for Your Health

When we think about staying healthy, we usually think about diet, exercise and regular checkups. A growing body of research suggests adding one more item to that list: time with the people we care about.

The Harvard Study of Adult Development began in 1938 and is the longest study of adult life ever conducted, following more than 2,000 people over 85 years. One of its most striking findings is that the participants with the warmest, closest relationships were the ones who stayed healthy longest and lived the longest. Study director Robert Waldinger says the same thing that made people happy also helped keep them healthy: their relationships.

The flip side is just as telling. In 2023, the U.S. Surgeon General issued an advisory warning that about half of American adults have experienced loneliness, and that the health risk of being socially disconnected is comparable to smoking up to 15 cigarettes a day.

Mammogram Screening Guidelines (updated September 11, 2026)



Security & Compliance

Don’t Make It Easy for Them: Four Habits for Cybersecurity Awareness Month

October is Cybersecurity Awareness Month, and this year’s theme from the National Cybersecurity Alliance is “Don’t Make It Easy for Them.” The idea is simple: you don’t need one perfect defense. You need a few good habits, practiced every day.

The stakes keep rising. The FBI’s latest Internet Crime Report logged more than 1 million complaints in 2025 and nearly $20.9 billion in reported losses, a 26% jump from the year before. Florida ranked third in the nation for both, with nearly 72,000 complaints and about $1.6 billion lost.

For businesses, email is the front line. Business email compromise, where a criminal hijacks or imitates a trusted email account to redirect payments, cost victims more than $3 billion in 2025, the second-largest loss category the FBI tracked. Phishing losses tripled, climbing from about $70 million to nearly $216 million. For the first time, the FBI also tracked AI-related crime: more than 22,000 complaints and $893 million in losses, including chatbot-written emails and cloned voices asking staff to wire money.

Americans are also spending less time together: about 20 minutes a day with friends in person in 2020, down from about an hour nearly two decades earlier.

The concern is global. In 2025, the World Health Organization’s Commission on Social Connection reported that about 1 in 6 people worldwide are affected by loneliness, which is linked to more than 871,000 deaths a year, roughly 100 every hour.

Why does connection matter so much? Researchers believe close relationships help us handle stress. Ongoing stress can wear down many systems in the body over time, and having people to lean on appears to help protect against that.

The encouraging news is that it’s never too late, and there’s no magic number of friends you need. Many Harvard study participants who thought they weren’t good at relationships went on to form meaningful ones later in life than they expected.

A few easy ways to start:

- Call or text someone you haven’t talked to in a while.
- Put a standing coffee or lunch on the calendar with a friend.
- Join a club, class, team or volunteer group.
- Put the phone away when you’re spending time with people.

This month, reach out to one person you’ve been meaning to call. It may be one of the best things you do for your health.

Sources: Harvard Gazette, interview with Harvard Study of Adult Development director Robert Waldinger (2023); U.S. Surgeon General’s advisory on loneliness and isolation (2023), via the Associated Press; World

This year's campaign focuses on four threats and the habits that beat them:

- **Password cracking:** use long, unique passwords and a password manager.
- **Unprotected accounts:** turn on multifactor authentication, especially for email and banking.
- **Unpatched systems:** keep computers, phones and software updated.
- **Phishing scams:** pause before you click, and confirm any payment change by phone using a number you already have.

Speed matters if something goes wrong. The FBI advises contacting your bank right away to request a recall of any fraudulent transfer, then filing a report at ic3.gov. In 2025, the FBI's Recovery Asset Team helped freeze about $679 million in stolen funds.

Good habits also extend to the end of a device's life. Old laptops, phones and hard drives still hold passwords, emails and customer records. Before you replace equipment, make sure the data is destroyed, not just deleted. All Points offers secure hard drive destruction with certificates 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: National Cybersecurity Alliance, Cybersecurity Awareness Month 2026 launch (October 1, 2026); FBI Internet Crime Complaint Center, 2025 IC3 Annual Report

Health Organization Commission on Social Connection (June 30, 2025)



"I'm so glad I live in a world where there are Octobers."

- L.M. Montgomery

"The only thing we have to fear is fear itself."

- Franklin D. Roosevelt

"An ounce of prevention is worth a pound of cure."

- Benjamin Franklin



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Legal & Compliance

Florida’s Biomedical Waste Rules: Is Your Office Inspection-Ready?

If your practice produces sharps, red-bag waste or other potentially infectious materials, Florida’s biomedical waste rule, Chapter 64E-16 of the Florida Administrative Code, applies to you. It covers physicians’ and dental offices, clinics, labs, veterinary clinics, funeral homes that embalm and more. October is a smart time for a compliance check, because generator permits expire on September 30 every year.

Permits and renewal: Facilities that produce 25 pounds or more of biomedical waste in any 30-day period must hold an annual Department of Health generator permit. The fee is $85 if the application is received by October 1 and $105 after that, so if you haven’t renewed yet, do it now. Smaller generators are exempt from the permit and fee requirements but must still follow the rest of the rule. The department inspects permitted generators at least once a year and exempt facilities at least once every three years.

The 30-day clock: Biomedical waste can be stored at your facility for no more than 30 days. The clock starts when the first non-sharps item goes into a red bag or sharps container, or when a sharps-only container is sealed. Indoor storage areas must have restricted access, sit away from foot traffic and be easy to clean.

A written operating plan: Every facility must keep a written plan covering staff training; how waste is segregated, labeled, packaged, stored and transported; how spills are cleaned up; and what to do in an emergency. The plan must be updated whenever regulations or your procedures change.

Training and records: Staff who handle biomedical waste must be trained before they start those duties and complete a refresher every year. Training records belong in the operating plan, and all biomedical waste records must be kept for three years.

Registered transporters only: Generators may not hand off waste to a transporter that isn't registered with the Department of Health, and registered transporters must give you a receipt at every pickup.

All Points makes these requirements easier to manage, with registered medical waste pickups and online Bloodborne Pathogens and Sharps training for your team. This month, new 3-year medical waste customers also get a free bin of paper shredding or up to 5 hard drives destroyed at setup.

Call 772.222.3266 to learn more.

Sources: Florida Administrative Code Chapter 64E-16, Biomedical Waste (Florida Department of Health)

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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