



Your Free Monthly Shred & Med Waste News!

April 2019

Your Monthly News & Updates

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* Must be a minimum of 200 box purge.

All Points Owner Does Mission Work in Honduras!

All Points Owner Brian Connelly led his church's missions trip to Honduras for 7 days in March to help with construction for the town's orphanage, feed the local people, and love on the community! He brought his two teenage children, Hana (15) and Austin (13). Brian said, "getting to serve and love on the community of Honduras was a blessing. I left changed and grateful for what we have."



All Points Owner Brian Connelly brought his two teenage children on a missions trip to Honduras over Spring Break



All Points Owner Brian Connelly Leads a Mission Trip to Honduras



All Points Owner Brian Connelly with an orphan in Honduras

Training is Critical to Avoid a Breach

Many companies who discover that they have been hacked or breached could have actually prevented the breach, or at least minimized the damage.



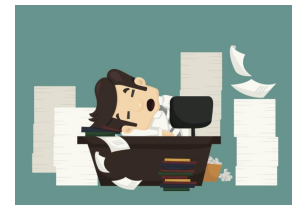
Here are 3 key tips to protect your business:

1. **See Something, Say Something** - Recently, an employee opened an infected PDF which let ransomware into the company's network. Fortunately, the employee was trained to tell the IT team and within 15 minutes the disaster was averted. Teach your employees to inform a leader or IT person immediately if they see something that concerns them.
2. **Shred Everything, All the Time, In the Same Manner** - 20% of employees who are given the option of shredding sensitive documents or disposing of them in the regular trash, chose the trash. Implementing a shred everything policy can dramatically reduce the risk of confidential information landing in the wrong hands. [Click Here to Learn About On-Site Shredding](#)
3. **Implement an Accident Response Plan** - Training employees to inform the IT person or team immediately when they see something suspicious can avoid huge catastrophes. Employees are the eyes and ears of our organizations. Ensure they are equipped with the tools and knowledge of what to look for and to immediately report it.

Source: Information Management Today

Why We Procrastinate & How to STOP!

New studies reveal that procrastination is not about laziness. According to Dr. Piers Steel, professional of motivational psychology at University of Calgary, "procrastination is self-harm."



Procrastination makes us feel bad. We know it's a bad idea, and yet we do it anyway. Why? Scientists say it's because of our moods. A recent study shows that feeling bored, anxious, insecure, frustrated, resentful or doubting yourself all had the tendency to cause people to procrastinate. And, it's a cycle because once we procrastinate, it tends to exacerbate our stress leading to further procrastination!

Over time, procrastination actually leads to poor health such as high blood pressure, hypertension and cardiovascular disease.

So how do we avoid it? Recognize that at the core of procrastination is your emotions. The solution is not in new strategies for self-control or time management as much as it is in managing our emotions. Figure out what's causing your stress or negative emotions and address that instead.

Source: The New York Times

5 Non-Food Pet Dangers

Here are some of the most dangerous, non-food items for your pet. If your pet gets a hold of any of them, call your vet immediately.



1. **Flowers** - Lilies, Mistletoe, Holly and Tulip & Daffodil bulbs, Azaleas, Rhododendrons and Chrysanthemums even in small amounts can cause kidney failure in cats.
2. **Medications & Vitamins** - Aspirin, acetaminophen, ibuprofen, diet pills, vitamin and decongestants can cause internal bleeding in pets.
3. **Mints & Gum** - These breath fresheners can cause a dog's blood sugar to drop and may cause seizures and liver damage.
4. **Bug Spray & Sunscreen** - Most repellants have DEET, which can cause seizures and tremors in cats and dogs. Sunscreen can cause vomiting and diarrhea.
5. **Essential Oils** - Tea Oil, Citrus Oils, Burch and Sage, among other essential oils, can cause breathing problems if inhaled. If ingested they can cause liver problems and seizures in cats and dogs.

Source: WebMD

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