

Thank You, New Clients & Employees

This month marks the anniversary of our acquisition of American Document Destruction in Reno, NV. We would like to recognize the valued customers who have become a part of our company. We appreciate the opportunity we have had this past year to earn your business. We want to especially recognize the tremendous group of employees that became a part of the Pacific family one year ago during our expansion. It has been a wonderful year as we worked together to blend two deep rooted companies.

APRIL SERVICE AWARDS

Celebrating Pacific Employee Anniversaries

Employee Service:

1 YEAR

Robert Dickinson

David Miller

James Goddard

Bobby Maraldo

Luis Reyes

18 YEARS

Cara DeClusin- VanDeGrift

What's Inside This Month?

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April Offers!

Thoughts from Richard Steed

Well, March has left the building and the fresh days of April are ready to take tenancy. Another month checked off, another brand new start; a particularly special, unique time full of hope and promise.



April literally means "to open," such as the rampant foliage of flowers and trees bursting forth revealing their beauty from within. Religious holidays are also nestled within April's calendar and we have it from a highly regarded (albeit floppyeared) source that April is also the official "chocolate eaters" month. That makes this time of year "eggstra" sweet!

Even for the most efficient and pragmatic folks it's difficult to deny a sense of wonder when the calendar flips to spring. Just walking to your car you might hear baby birds calling for their dinner, or witness a newborn tulip ("That wasn't there yesterday!") bowing to you in April's breeze.

Ain't it grand? This is a month of renewal in a variety of ways.

We all need these periodic reminders of the world's glory in order to help keep our cynicism at bay. It's fulfilling to be hopeful, to feel blessed, and to take a moment to pause and soak it all in. It rejuvenates our inherent belief that, just as Louis Armstrong sang, It IS "a Wonderful World."



It's also a wonderful time for us to renew our pledge to you that we shall keep all of your data and storage needs securely covered and to thank you for trusting us with your most precious information. We appreciate the opportunity to put your minds at ease and wish you peace and prosperity (and some fabulous chocolate!) throughout this month and beyond.

Happy Spring!

Richard

SHRED 6 DRIVES FOR THE PRICE OF 5

One (1) Hard Drive shredded FREE for every five (5) you bring in during the month of April!

Trivia Quiz: April Showers!

April showers are here. How much do you know about wetter weather? Test your knowledge of everything rainy with this trivia quiz.

1. The greatest rainfall in a single day was 73.62 inches. Where was this recorded?
2. Where is the wettest place on Earth?
3. Approximately how much rain does it take to wet the ground under a fully-leafed maple tree?
4. When considering all the islands of the world together, the wettest and driest place is in the same island chain. Which chain?
5. Seagulls do many things when it is about to rain, except what?
6. If you see a rainbow in the sky, where must the sun be?
7. In order for an area to be classified as a desert, it must have less than how much rain each year?
8. There is a place on Earth where no rain has fallen for the past two million years at least. Where is this?
9. How fast does an average raindrop fall?
10. Most people believe that raindrops are tear shaped, but this is incorrect. What shape do raindrops take as they fall through the air?

Answers on Back Page!

Your Teeth and Your Health

Everyone knows that maintaining a good dental care routine is good for your teeth, gums, and breath. But did you also know that it can help keep the rest of you healthy as well? Good oral health has been linked to a decrease in cardiovascular disease, diabetes, and osteoporosis. So what can you do besides brushing and flossing to get the most benefits? Recent research has shown that the following can help:

No nighttime eating

Your best bet is to stop eating after 8:00 p.m. It is especially important to avoid middle of the night munching. Not only is this bad for your waistline, but it can cause problems in your mouth as well. During the night, our bodies produce less saliva, which is necessary for proper breakdown of food and removal of food from your mouth. Since your body is less efficient at this at night, you will see an increase in gum disease and tooth decay if you snack at night.

Chew sugarless gum

The American Dental Association recommends chewing sugarless gum for about 20 minutes after each meal. This increases the flow of saliva and removes some of the bacteria from your mouth.

Drink more

Drinking water throughout the day keeps your mouth healthier and decreases the amount of bacteria in your mouth. A recent study showed that green tea is especially beneficial for preventing gum disease, so adding this to your daily hydration routine will have even more impact.

April Holidays and Events

Daily Observances:

- 1 April Fools Day
- 2 World Autism Awareness Day
- 4 International Day for Mine Awareness
- 5 National Deep Dish Pizza Day
- 6 Drowsy Driver Awareness Day
- 6 National Day of Hope
- 7 International Beaver Day
- 9 National Cherish an Antique Day
- 10 Palm Sunday
- 10 National Siblings Day
- 11 Barbershop Quartet Day
- 11 International Louie Louie Day
- 12 Walk on Your Wild Side Day
- 13 Thomas Jefferson Day
- 14 International Moment of Laughter Day
- 14 Pan-American Day
- 15 Good Friday
- 16 Record Store Day
- 17 Easter Sunday
- 18 Adult Autism Awareness Day
- 18 International Amateur Radio Day
- 18 National Stress Awareness Day
- 19 National Hanging Out Day
- 21 National Teach Children to Save Day
- 22 Earth Day
- 22 National Jelly Bean Day
- 22 International Mother Earth Day
- 23 National Bulldogs are Beautiful Day
- 23 World Book and Copyright Day
- 24 Easter Sunday
- 25 Malaria Awareness Day
- 26 Richter Scale Day
- 27 Administrative Professionals Day
- 28 Take Our Daughters and Sons to Work Day
- 29 National Arbor Day
- 30 National Go Birding Day
- 30 National Honesty Day
- 30 World Healing Day

Monthly Observances:

- National Autism Awareness Month
- Alcohol Awareness Month
- Cancer Control Month
- Car Care Month
- Confederate History Month
- Couple Appreciation Month
- Defeat Diabetes Month
- Emotional Overeating Awareness Month
- Fresh Florida Tomato Month
- Grange Month

PacBlog

Maintaining HIPAA Compliance When Scanning Patient Charts

PacBlog is the monthly web log of Pacific Records Storage. To read this month's installment, please click the title below.

<https://pacific-records.com/maintaining-hipaa-compliance-when-scanning-patient-charts>

You may also access the PacBlog at the URL below. There you will find this month's installment along with archives of previous installments.

<http://pacific-records.com/category/pacnews>

Have A Question For Us?

We love to hear from all our good friends and clients who enjoy reading our monthly newsletter. If you have a question related to off-site document storage, shredding, media vaulting, or document imaging, please feel free to give us a call or send us an email.

(888) 893-6054 or info@pacific-records.com

**Do You Want
To Win A \$25
Amazon
Gift Card?**



Each month we'll give you a new challenge of some type. All those who reply with a correct answer are eligible to win. At the end of the month we'll draw the name of one lucky winner.

Here is this month's challenge:
If April showers bring May flowers,
what do May flowers bring?

Last Month's Answer to:

What do you get if you cross a four leaf clover with poison ivy?

A rash of good luck!

Last month's Winner:

DEANN ALEXANDER

HR SPECIALIST/RECRUITING COORDINATOR

Email your answer to info@pacific-records.com

Four Best Exercises for Seniors

It's important as we age that we find ways to maintain good health. Besides eating right, exercising is crucial to staying strong and healthy. But which exercises are best? According to the National Institutes of Health (NIH), the following four kinds of exercises result in the most benefit:

Balance exercises

Because the risk of falling increases as we get older, maintaining good balance is crucial. These types of exercises reinforce good posture, increase balance, and strengthen leg muscles. Stand on one foot and then alternate to the other. You can also go from sitting in a chair to standing without using your hands or arms.

Stretching exercises

While stretching alone will not necessarily increase strength, it can give you more freedom of movement. This helps you stay active and also improves balance. Begin with simple stretches and work up to a longer session. Remember that you should never stretch so much that it causes pain.

Endurance exercises

Aerobic exercises, such as swimming, walking, and biking, increase your heart rate. With consistent exercise of this type, you will improve your heart health and better regulate your breathing. Build up to at least 30 minutes of this type of activity each day. Daily activities, like climbing stairs or raking leaves, give you this same benefit.

Strength exercises

Lifting weights is a great way help build your muscles and increase your metabolism. With added muscle, it is easier for your body to maintain good blood sugar and weight levels. You're also less likely to fall when your leg and hip muscles are strong.



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Data Privacy Regulations in California

In California, We're All Celebrities

An American portable toilet company fought talk show host icon, Johnny Carson, in the court system for 35 years. Why? Because they tried using Carson's well-known introductory phrase, "Here's Johnny," for the name of their company and Johnny's legal team took him to court. Johnny's celebrity identity was worth enough to fight over for *that* long. Carson finally won that case, and California law continues to protect the rights of his estate. In California, everyone has celebrity status—or, at least, protected status.

California Law

In addition to federal privacy laws, state laws like the California Consumer Privacy Act (CCPA) offer consumers control over the personal information that businesses collect about them. Enacted in 2018, the CCPA gives California consumers the following rights:

- To know about your personal information that a business is collecting about you and how it is used and shared
- To have your personal information deleted (with some exceptions)
- To opt out of having your information sold
- To not be discriminated against for exercising your CCPA rights

What Companies are Subject to CCPA?

This law applies to any for-profit business in California that:

- Has a gross annual revenue in excess of \$25 million
- Buys, receives, or sells the personal information of 50,000 or more California residents, households, or devices
- Derives at least 50% of their annual revenue from selling California residents' personal information

How Does CCPA Define Personal Information?

- Name, address, or any location data
- Social Security Number, driver license number, and passport number
- Email address, IP address, and internet browsing history
- Records of purchased products
- Information collected that can be used to draw inferences about your preferences and characteristics
- Anything that identifies, relates to, or could reasonably link to a customer or household
- Education, profession, or employment-related information
- Biometric information, including audio, electronic, visual, thermal, olfactory, fingerprints or similar information

If it feels like they've covered a lot of bases here, that's because they have. Companies can't just steamroll your rights, because CCPA gives you the kind of protection usually reserved for celebrities.



Did You Know . . . You Can Pay Online?

Pacific customers can pay their invoices online at:
<https://pacific-records.com/pay-your-bill>



Trivia Quiz Answers

1. In the Indian Ocean. 2. Buenaventura, Colombia. 3. 0.05 inches 4. The Hawaiian Islands. 5. Fly out to sea. 6. Behind you. 7. 10 inches. 8. Near Ross Island in Antarctica. 9. About seven miles per hour. 10. Sphere shaped.

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