

JULY SERVICE AWARDS

Celebrating Pacific Employee Anniversaries

3 YEARS

Robert Martinez

Home of the Free

The Fourth of July weekend was coming up, and the preschool teacher took the opportunity to tell her class about patriotism.

“We live in a great country,” she said. “One of the things we should be happy about is that, in this country, we are all free.”

One little boy came walking up to her from the back of the room. He stood with his hands on his hips and said, “I’m not free. I’m four.”

Green Living: Cut Your Water Bill!

Installing a high-efficiency showerhead saves water and money. You can cut your water usage by up to 3,000 gallons per person per year. This will save you \$50 in energy costs and cut 1,000 pounds of carbon dioxide emissions each year per person. In the past, water-saving showerheads left a lot to be desired. However, the latest high-efficiency versions do indeed reduce water usage while still offering a luxurious and satisfying shower experience.

What’s Inside This Month?

Thoughts from Richard Steed

The Health-Conscious Diet

Trivia Quiz: American States

Want to Win a \$25 Amazon Gift Card?

Medical Identity Theft

When to See a Geriatrician

Swimming Pool Games for Kids: Marco Polo

July Offers!

Thoughts from Richard Steed



This July we celebrate the adoption of the Declaration of Independence 243 years ago. This historical document remains on display today, along with the Constitution and Bill of Rights, at the National Archives Building in our nation’s capital.

These historical documents are recognized as the main formative documents of the United States and its government. As such, they are carefully preserved and protected under the care of NARA, the National Archives and Records Administration.

You may not feel that the information you have at your office is as important as the founding documents of our country, but if your records contain your customers’ personal data, then they are most certainly vital to preserve and protect. In fact, you can be held legally accountable for failing to do so.

Like NARA, we have been entrusted with millions of documents from companies across our region. Whether we protect your hardcopy papers, digital data, or both, we are honored to be entrusted with this responsibility, and applaud your commitment to information management best practices.

As your reward, relax and enjoy the liberties that our founding fathers preserved for us, such as our favorite American pastimes of barbecues, outdoor concerts, fireworks, lake days, and vacations. After all, your records are safe, organized, and only a phone call away when you need them.

Happy July!

Richard

“There are no happier folks than plant lovers and none more generous than those who garden.” —Ernest Wilson

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 July!

The Health-Conscious Diet



You probably already know the basics of being healthy—get good sleep, exercise regularly, don't smoke, maintain a healthy weight, and avoid alcohol.

The next step is a simple one. Experts say that eating right can go a long way towards preventing many diseases. The American Cancer Society estimates that as many as 35 percent of cancer deaths may be related to dietary factors.

What constitutes a healthy diet? Most Americans could stand to ingest fewer carbohydrates—especially unhealthy ones—and more lean proteins. Avoid snacks—we don't need the salt or sugar! Avoid foods that are high in sodium, such as processed foods, deli meats, and canned or packaged soups.

Plant foods appear to be most protective against disease. Yet, according to the Centers for Disease Control, only about 25 percent of adults in the U.S. eat the recommended five or more servings of fruits and vegetables each day. Some experts suggest that eating up to nine servings of fruits and vegetables a day can lower the risk of many diseases. But how do you get that many servings in a day?

Start by taking simple steps to increase your fruit and vegetable intake. Add blueberries to your morning bowl of cereal, add tomatoes and lettuce to your lunchtime sandwich, get veggies on your pizza (or, better yet, just have ONE slice of pizza with a big salad!) If you must snack, then choose fruit over traditional snacks during your day. Pretty soon eating all those good foods will come more naturally and you will be on your way to better health!

Trivia Quiz: American States

To celebrate America's birthday, we've put together this patriotic trivia quiz. How much do you know about this great country of ours?

1. There are ten states with more than one word in their name. Four of them start with "New." What are the other six?
2. Which two letters of the alphabet begin more state names than any others?
3. In what state was the greatest snowfall recorded in one month?
4. What state is nicknamed the "Volunteer State?"
5. What state is the birthplace of the most U.S. Presidents?
6. What was the first state to give women the right to vote?
7. What letter of the alphabet does not appear in the name of any state?
8. What state was the last admitted to the United States?
BONUS: What year was it admitted?
9. Which is the least populated state capital in the U.S.?
10. How many U.S. states border Canada?

Answers on Back Page!

July Holidays and Events

Daily Observances:

- 1 National GSA Employee Recognition Day
- 1 Second Half of the New Year Day
- 2 Made in the USA Day
- 3 Compliment Your Mirror Day
- 3 Stay Out of the Sun Day
- 4 Independence Day: The Fourth of July
- 4 Indivisible Day
- 6 International Day of Cooperatives
- 7 Father-Daughter Take a Walk Together Day
- 7 Tell the Truth Day
- 8 International Town Criers Day
- 10 Don't Step on a Bee Day
- 13 Grange Day
- 13 Gruntled Workers Day
- 15 Get Out of the Doghouse Day
- 20 National Woodie Wagon Day
- 20 Toss Away the "Could Have" and "Should Haves" Day
- 21 National Ice Cream Day
- 22 Rat-Catchers Day
- 23 Gorgeous Grandma Day
- 23 Hot Enough For Ya Day
- 24 Cousins Day
- 24 National Drive-Thru Day
- 24 National Tell an Old Joke Day
- 25 National Chili Dog Day
- 27 National Korean War Veterans Armistice Day
- 27 Take Your Houseplants for a Walk Day
- 27 Walk on Stilts Day
- 28 Aunties Day
- 28 Parents Day

Monthly Observances:

- Cell Phone Courtesy Month
- Disaster Education and Awareness Month
- Herbal/Prescription Interaction Awareness Month
- International Blondie and Deborah Harry Month
- International Women with Alopecia
- International Zine Month
- National "Doghouse Repairs" Month
- National Blueberries Month
- National Grilling Month
- National Horseradish Month
- National Hot Dog Month
- National Ice Cream Month
- National Make a Difference to Children Month
- National Recreation and Parks Month
- Smart Irrigation Month
- Women's Motorcycle Month
- Worldwide Bereaved Parents Awareness Month

PacBlog

Answers to Your Document Storage Questions

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/answers-to-your-document-storage-questions>

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 a lucky name.

Here is this month's challenge:

What vegetable should never be served on a boat?

Last Month's Answer to:

What do you call a basketball player's pet chicken?

"A personal fowl!"

Last month's Winner:

**APRIL M. ARMENDARIZ
DOWLING AARON INCORPORATED**

Email your answer to info@pacific-records.com

Summer Smoothies

The weather is heating up, and nothing beats a cool drink on a hot summer day. Mixing up a smoothie is a perfect way to cool down. Basically, a smoothie is simply a blended mixture of milk, fruit juices, yogurt, sherbet or sorbet, with fruit and ice added. These recipes can get you started. Once you've tried a few, start experimenting with different combinations of fruit and juice. If you are adding fruit, use frozen fruit or freeze fresh fruit in the freezer for about half an hour first. Substitute soymilk for the milk or yogurt for a healthy drink.

Basic Banana Smoothie

In a blender, combine, 1/2 cup milk, 1 banana, 1/4 cup plain or flavored yogurt, and enough honey to sweeten to taste. Blend until smooth and serve in a chilled glass.

Chocolate Banana Smoothie

To Basic Banana Smoothie, add two tablespoons chocolate syrup.

Strawberry Banana Smoothie

To Basic Banana Smoothie, add 1/2 cup frozen strawberries. Also works great with blueberries or raspberries.

Peach Smoothie

In a blender, combine one cup peeled and sliced peaches, slightly frozen, and 1/4 cup raspberries, also slightly frozen. Add one cup apple or peach juice, 1/2 cup vanilla yogurt or peach sorbet, and toss in a small handful of ice cubes. Blend until smooth.

Chocolate Peanut Butter Smoothie

Blend together one frozen banana, three tablespoons peanut butter, two tablespoons chocolate syrup, and 3/4 cup milk. Serve in a chilled glass.



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Medical Identity Theft: What it Is and How to Prevent It

Medical identity theft is when someone steals your personal information to obtain medical care, drugs, or file false insurance claims in your name. It's one of the fastest-growing crimes in America. The Federal Trade Commission (FTC) estimates there were 87,765 cases of medical identity theft in 2018. The crime is so lucrative that stolen medical records now fetch more money than stolen financial records on the dark web. Being proactive can protect you, your family, and your customers from becoming a victim.

Ask your healthcare provider for copies of your medical records. Under the Health Insurance Portability and Accountability Act (HIPAA), they must provide you with copies within 30 days of your request. Review them carefully and report any discrepancies to your health insurer at once. Never give out personal health information over the phone. Phone scammers are adept at posing as healthcare professionals and insurance providers. Your physician or health insurance company will always send official requests via snail mail. Remember to have any unwanted paper copies of medical records, bills, and correspondence from your doctor or health insurance provider shredded.

If you own a business that processes, handles, or stores protected health information (PHI) you must comply with HIPAA's Privacy Rule. HIPAA non-compliance fines can reach upwards of \$1.5 million, so partner only with vendors and suppliers who offer the physical and technical safeguards required by the law.

When to See a Geriatrician

One in five Americans is over the age of 65, and seniors over age 85 are the fastest growing segment of the population. As we age, our basic health needs can change. Geriatricians are primary care doctors focused on the health care needs of older people. They have an understanding of the health and daily care challenges a senior may face and have special resources to address those needs. But how do you know when it is time to make the transition to a geriatrician? Here are some circumstances that warrant a visit to this type of doctor.

Onset of multiple medical conditions

You may have several specialists treating your multiple conditions, but it is helpful to have one doctor overseeing your general care. While a primary care physician can do this, having a geriatrician gives you extra attention to certain concerns. This type of doctor is well versed in drug interactions, deals with conditions that affect older populations such as arthritis, diabetes, and neurological conditions, and has special training in how to coordinate care.

Mental difficulties

A gradual decline in cognitive ability can complicate care, as it reduces the ability of a person to self-monitor medications, symptoms, and depression. A geriatrician can address these needs as well as the medical needs of a patient and provide support and resources to the person and his or her family. It is also good to have check-ups with someone who is more familiar with signs of cognitive difficulty.

Need for a care plan

If increasing frailty or advancing health issues warrant a need for additional care, a geriatrician can access special supports and information for the family. You can get referrals to home aides, palliative care, and social services. Your geriatrician can also work to develop a care plan that addresses health concerns, but also is sensitive to the needs of the elderly patient, while still providing preventative care and support.

Swimming Pool Games for Kids: Marco Polo

This is a classic swimming pool game. One player is "Marco." He closes his eyes and counts to ten, while the other players quietly swim away. Keeping his eyes closed, he then begins calling out "Marco." The other players must respond with "Polo," unless they are underwater at the time. Once "Marco" locates and tags someone else, that player becomes "Marco" and the game continues.

TRIVIA QUIZ ANSWERS:

1. North Dakota, South Dakota, North Carolina, South Carolina, West Virginia and Rhode Island. 2. M and N. 3. California. 4. Tennessee. 5. Virginia. 6. Wyoming. 7. Q. 8. Hawaii in 1959. 9. Montpelier, Vermont. 10. Ten.

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