

MARCH SERVICE AWARDS

Celebrating Pacific Employee Anniversaries

17 YEARS

Collings Aki

3 YEARS

Gabriel Cornado

March is National Eye Donor Month

Corneal blindness affects more than 10 million people of all ages worldwide. The cornea is a small piece of transparent tissue covering the front of the eye. When it is damaged, difficulty in seeing and even blindness can result. Fortunately, it is one of the few types of blindness that can be reversed. The corneal transplant procedure replaces the damaged tissue with a clear cornea recovered from a deceased donor. Last year more than 33,000 Americans received corneal transplants, enabling them to see again.

If you are interested in becoming an eye donor, be sure to indicate your wishes to your loved ones. In most cases, it is up to your family or close friends to consent to make a donation, even if you have signed an advance directive. Many states allow you to register your desire to consent to this donation, even allowing you to designate which organs you would like to donate.

What's Inside This Month?

Thoughts from Richard Steed

Your Best Retirement Investment

Trivia Quiz: Kidneys!

Want to Win a \$25 Amazon Gift Card?

Security Threats for Work-from-Home Employees

Seniors and Pets

March Offers!

Thoughts from Richard Steed

We've now sailed, slid, or flip-flopped—as the case may be—through much of winter and March has arrived. March is a month that has the power to encompass the complete year's weather options in its 31 days;



often spinning on a dime and seemingly based solely on its ever-changing mood. March is stubborn, fickle and fun; refusing to be pigeonholed. It is what it wants to be at the time and that is that!

March is an equal-opportunity month; boasting the equinox, when old Sol reaches out to tickle the equator with its rays, when daylight and nighttime meet in the middle throughout our global community.

We've all heard about the dreaded Ides of March...or have we? Actually, the Ides of March is not "dreaded" at all; it is merely another term for March 15th. Really. That's where its origin stems from; a simple day found in the middle of March's month. Shows what imagination and Caesar's larger-than-life legacy can cook up in our collective minds.

March is not just a time when the Irish break out the shamrocks and corned beef and cabbage. It also treats us to extended light-filled afternoons and the long-awaited first day of spring. Plus, we need the 31 days of March to think up good April Fools pranks!

In addition to March analogizing the entire calendar year's weather patterns, this month is a fairly decent analogy of life in general, too. We try to do the best we can with whatever comes our way, day after day. We certainly continue to do this for you, our valued client, with our ever-present gratitude and staunch reliability—even while parading through this roller coaster of a month.

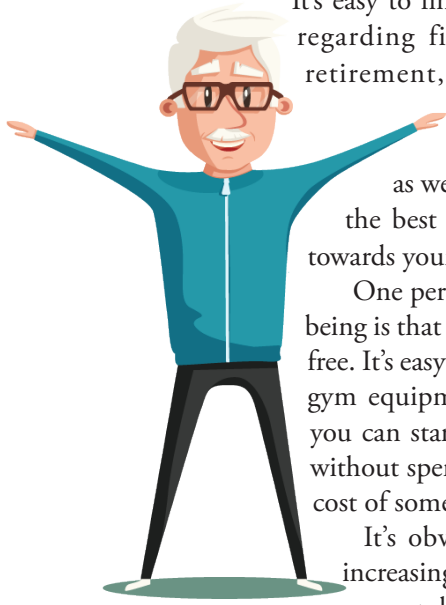
March on!

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 March!

Your Best Retirement Investment



It's easy to find a wealth of information regarding financial investments for retirement, but don't overlook the investments you should be making in your health as well. Exercise can prove to be the best investment you can make towards your retirement.

One perk of investing in your well-being is that it can be done almost cash-free. It's easy to spend a lot of money on gym equipment or memberships, but you can start a healthier way of living without spending much more than the cost of some good fitness shoes.

It's obvious to most people that increasing the amount of exercise in your daily life can bring you long-term health benefits, but it can also save you money. By staying fit longer, you will spend less on doctor bills and medication. And by staying active longer, you'll have more options in the event you choose to work into your retirement years.

Investing in an exercise program can also save you time. The amount of time you spend in regular exercise will increase your general well-being, giving you more focus and increasing your energy level. It can also add years to your life.

Of course, all investments have risks. You can minimize your risk of injury from exercise by consulting your doctor before beginning any exercise program. Start slowly and build gradually to a consistent daily routine. Break up your exercise goal into small pieces that can be completed during the course of a day. You may also be at risk of quitting your exercise program. Try exercising with a friend. Choose an activity that you like to do, say walking or water aerobics. Chart your progress and reward yourself when you hit your milestones.

Golf Preparedness

With spring just around the corner, many of us are gearing up for the golfing season. Before you head back out on the course, take time to review some basic preparation steps to ensure that you have a day free of injuries or strains.

Remember to warm up before teeing off. Walk for several minutes, swinging your arms to warm up those muscles. After your muscles are beginning to warm up, do some stretches, concentrating on the muscles that you will use most during your game. Stretch your arms and back, as well as your shoulders and legs. To protect your feet from injury and fatigue, make sure that your golf shoes are properly fitted and are comfortable at all times during your walk on the course.

March Holidays and Events

Daily Observances:

- 1 Zero Discrimination Day
- 2 Read Across America Day
- 3 National Anthem Day
- 3 World Book Day
- 3 World Wildlife Day
- 4 National Day of Unplugging
- 4 National Grammar Day
- 4 World Day of Prayer
- 6 Namesake Day
- 7 National Be Heard Day
- 8 Organize Your Home Office Day
- 8 Day for Women's Rights and International Peace
- 9 Panic Day
- 10 International Bagpipe Day
- 10 World Kidney Day
- 11 Middle Name Pride Day
- 12 Genealogy Day
- 12 International Fanny Pack Day
- 13 National Open An Umbrella Indoors Day
- 14 Daylight Saving Time Begins
- 14 Fill Our Staplers Day
- 14 Pi Day
- 15 True Confessions Day
- 16 Freedom of Information Day
- 17 Saint Patrick's Day
- 18 Forgive Mom and Dad Day
- 19 National Quilting Day
- 20 Kiss Your Fiancé Day
- 20 Vernal Equinox: First Day of Spring
- 21 National Renewable Energy Day
- 21 Intl Day for the Elimination of Racial Discrimination
- 21 World Poetry Day
- 21 World Down Syndrome Day
- 22 American Diabetes Association Alert Day
- 22 World Water Day
- 23 National Puppy Day
- 24 World Tuberculosis Day
- 25 Tolkien Reading Day
- 26 Legal Assistants Day
- 29 National Mom and Pop Business Owners Day
- 30 Doctors Day
- 30 World Bipolar Day
- 31 Cesar Chavez Day



Monthly Observances:

- Irish-American Heritage Month
- Music in Our Schools Month
- National Kidney Month**
- National Nutrition Month
- Youth Art Month



PacBlog

7 Undeniable Reasons to Shred Your Documents

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/>

[7-undeniable-reasons-to-shred-your-documents](https://pacific-records.com/7-undeniable-reasons-to-shred-your-documents)

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:

What do you get if a chicken lays an egg on top of a barn?

Last Month's Answer to:

How much is a skunk worth?

One Scent!

Last month's Winner:

**ANDREA TERRY
RECORDS MANAGER
CONGRATULATIONS!**

Email your answer to info@pacific-records.com

Trivia Quiz: Kidneys!

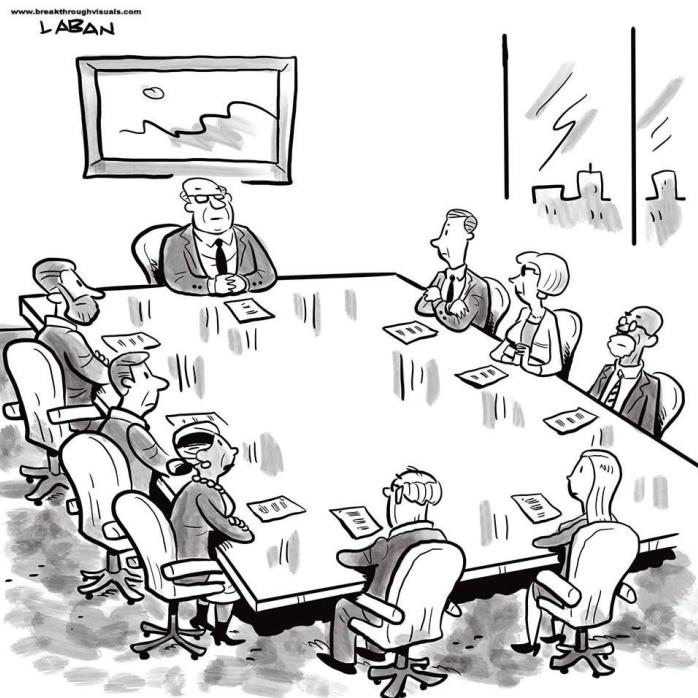
March is National Kidney Month. Test how much you know about these hardworking organs with this trivia quiz.

1. How many kidneys do most people have?
2. How many liters of blood do your kidneys filter each day?
3. What do you call an accumulation of mineral salts and calcium that can lodge in your kidneys?
4. What disease is most likely to cause kidney failure?
5. What is the term for a specialist that treats kidney disease?
6. What is unique about a person that donates a kidney?
7. Our kidneys activate what important vitamin in our bodies?
8. The first ever kidney transplant was conducted in the year 1933. What was the outcome?
9. On average, how long is your kidney in inches?
10. Kidneys are shaped like what common food?

Answers on Back Page!

"All we need to make us really happy is something to be enthusiastic about."

—Charles Kingsley



"I can't tell if you really like my poetry or just pretend to because I'm the CEO."

3 months FREE secure Destruction service

Get 3 months of free Secure Destruction service when you sign up for a new Secure Destruction account with a one-year agreement. Just mention this coupon! Email info@pacific-records.com for more information.

Minimizing Data Security Threats for Work-from-Home Employees

The COVID-19 pandemic has reshaped the workplace. Many employees are spending less time in the office and more time at home. Telecommuting and work-from-home mandates have the potential to put your business data at risk. Remote workers are typically the first to face data security threats.

Phishing emails are nothing new, but hackers are using the COVID-19 pandemic to target fresh victims. An employee may receive targeted emails from scammers posing as health officials or government agencies like the Center for Disease Control (CDC), World Health Organization (WHO), or even local government officials. Hackers also target users of videoconferencing apps. Instruct your employees to never open emails or messages from untrusted sources.

Sharing company-issued devices with family members also increases risks to corporate data. Create clear guidelines so your staff understands that business laptops and mobile devices are for work use only by the employee they were issued to.

Paper documents removed from the office are more susceptible to being read by an unauthorized individual. Consider providing instructions and resources for remote employees to safeguard sensitive documents. Paper records with personally identifiable information (PII) or protected health information (PHI) should not be left on tables, counters or in cars where they can be compromised. Make sure your employees know what to do with documents that have expired or are no longer useful.

A thorough data security strategy keeps your employees safe while they work from home.

Seniors and Pets

Studies have shown that senior citizens who own pets are, in general, healthier, more physically active, and take better care of themselves than seniors who don't own animals. Owning a pet generates a sense of responsibility and caring and can lead to setting a daily routine. The presence of a pet can often ease stress, and bring a calming influence during unsettled situations.

So, if the benefits are so great, many seniors must own pets, right? Actually, according to the American Veterinary Medical Association, only 10 percent of seniors own cats and 20 percent own dogs. Many seniors do not own pets to give themselves the flexibility of being able to travel without worry, and to save on the expense of providing care for their pets while they are gone. Others are worried about the general costs of caring for a pet, wondering how they might afford pet care expenses on a fixed income. And some worry about their physical ability to care for a pet, or what might happen if their future physical condition impairs their ability to provide for their animal.

Seniors, in this respect, are no different from any other prospective pet owner. They need to evaluate whether they can care for a pet and if they can afford the costs before they adopt an animal. Many humane societies across the country offer senior citizens low and no-cost adoptions and spay or neuter services. There are some programs designed to provide low cost vet care to lower income seniors, including some that distribute pet food.

In terms of housing, by law, senior citizens living in federally assisted housing must be allowed to keep pets. Many landlords accept pets and some nursing homes allow residents to bring their own pets with them. It is becoming more common for seniors with existing pets to find accommodation for themselves and their animals if the need to relocate arises. By accommodating seniors with pets, it can increase the quality of life for the pet owners and give opportunities for homeless pets to find a home. Because of the improved health and well-being of senior pet owners, society as a whole will benefit also.



TRIVIA QUIZ ANSWERS:

1. 2.2, 200 liters.
2. 200 liters.
3. Kidney stones.
4. Diabetes.
5. Nephrologist.
6. They can live with only one kidney.
7. Vitamin D.
8. It failed.
9. 4-5 inches.
10. Beans.

NEWS You Can Use is a free monthly newsletter from your friends at
Stockton (209) 320-7771 • Sacramento (916) 649-7360 • Fresno (559) 475-7892
Modesto (209) 343-4630 • Napa/Solano County (888) 893-6054

PACIFIC
SINCE 1856
RECORDS MANAGEMENT
www.pacific-records.com