

## OCTOBER SERVICE AWARDS

*Celebrating Pacific Employee Anniversaries*

**30 YEARS**  
Shelly Haynes



### *Drink Order*

Three vampires walked into a bar on Halloween and went to order drinks. The first vampire ordered a glass of blood, the second asked for the same, and the third requested a glass of plasma.

“So, let me get this straight,” said the bartender. “That’ll be two bloods and a blood light?”

### 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](mailto:info@pacific-records.com)**

### What’s Inside This Month?

*Thoughts from Richard Steed*

*Getting Enough Sleep*

*October Trivia: The World Series*

*Want to Win a \$25 Amazon Gift Card?*

*Street Food Basics on the Road*

*HIPAA and Data Destruction*

*October Offers!*

### *Thoughts from Richard Steed*



A sure sign of a great relationship is that the other person brings out the best in you. This doesn’t mean they make things easy for you! A good way to bring out the best in a person is by challenging them to BE their best. While the person challenged may feel some initial stress by being pushed out of their comfort zone, deep down inside they are developing a lasting self-confidence because they know you believe in them enough to challenge them.

Accepting challenges increases one’s determination. Being faced with a challenge is not a time to expect the all-too-sought-after “instant gratification” that so many people pursue and settle for nowadays. Rather, the gratification will come later—after some honest sweat, the successful honing of skills, and a tough job well done.

Our clients are regularly challenged by changing laws and evolving technology, and they bring those challenges to us on a daily basis. I see these challenges as an opportunity to shine, and I enjoy solving the challenges of my customers to ensure that their needs are permanently met. This gives me a deep and lasting inner satisfaction.

Challenges are a learning tool and a team builder. When our organization is challenged, we see it as an opportunity to pull the team closer together and figure out the best, most efficient way to handle the challenge.

The challenges our clients bring us are what ultimately brings out the best in us. I believe this is why we have such great relationships with our clients. Not a client yet? Challenge us!

*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 October!

## Getting Enough ZZZs

Good rest is a cornerstone of good health. Numerous studies have shown the health benefits of adequate sleep. A chronic state of fatigue can result in more accidents, impairment in attention and reasoning, an increased risk of heart disease and high blood pressure, and increased healing time from injury or illness.



As far as knowing how much sleep you need, there is no magic number. Different age groups need different amounts of sleep, but even within age groups, each person's needs are individual. Research has shown that adults who get around seven hours of sleep have the best long-term health outcomes.

To increase your chances of getting a good night's sleep, try to keep a regular schedule. Going to bed at the same time each night and rising in the morning at the same time helps your body know when to sleep and when to be awake. If you are feeling sleep-deprived, it is better to take a short afternoon nap than to sleep in late the next morning.

Melatonin is a naturally-occurring hormone that helps regulate sleep. Its production can be altered if your day is spent out of sync with the natural changes in daily light. If you spend much of the day in an office away from natural light and then spend your evenings in front of a TV or computer screen, your body may not be producing melatonin correctly. To help correct this, try to get periods of natural sunlight during the day. At night, turn off artificial light from televisions and computers earlier in the evening.

If you've tried to get better sleep, but often feel tired during the day, it may be time for some help. A doctor that specializes in sleep disorders can offer natural and medication-based strategies to help you get some needed rest.

## Bat Explanation

A vampire bat came into his cave with his head covered in blood. He quickly settled onto the roof of the cave to try to get some sleep. The blood attracted the attention of the other bats and they began asking where he had found it. He tried to ignore them and go to sleep, but they kept harassing him. Finally, he told them he would show them and flew out of the cave with several hundred bats following him.

He flew down into the valley, across a river, and into a forest full of trees. He eventually slowed down and said to the excited bats all around him, "Do you see that tree over there?"

"Yes, yes, we do!" the bats all exclaimed.

"Well, good," said the bat, "because I didn't!"



## October Holidays and Events

### Daily Observances:

- 1 International Day for the Elderly
- 2 Name Your Car Day
- 3 National Boyfriends Day
- 3 Virus Appreciation Day
- 4 National Frappe Day
- 5 Do Something Nice Day
- 6 Mad Hatter Day
- 7 Bald and Free Day
- 8 Columbus Day
- 9 Fire Prevention Day
- 10 Emergency Nurses Day
- 11 It's My Party Day
- 12 Old Farmer's Day
- 12 World Egg Day
- 13 International Skeptics Day
- 14 Be Bald and Free Day
- 14 - 20 Earth Sciences Week
- 15 White Cane Safety Day
- 16 Dictionary Day
- 17 National Fossil Day
- 17 National Pasta Day
- 18 No Beard Day
- 19 Evaluate Your Life Day
- 20 Sweetest Day
- 22 National Nut Day
- 23 National Mole Day
- 24 United Nations Day
- 25 World Pasta Day
- 26 Frankenstein Friday
- 27 Make a Difference Day
- 28 Mother-In-Law Day
- 29 Hermit Day
- 30 Mischief Night
- 31 Halloween

### Monthly Observances:

- Adopt a Shelter Dog Month
- American Pharmacist Month
- Apple Jack Month
- Awareness Month
- Breast Cancer Awareness Month
- Clergy Appreciation Month
- Computer Learning Month
- Cookie Month
- Domestic Violence Awareness Month
- Eat Country Ham Month
- International Drum Month
- National Diabetes Month
- National Pizza Month
- National Vegetarian Month

## PacBlog

### **Guidelines for Digitizing 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/guidelines-for-digitizing-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>

### **Green Living: The Dishwasher!**

You may think that your dishwasher is using a lot of energy, but in fact it is more energy-efficient to run your dishwasher than to hand wash your dishes. Dishwashers use considerably less water than hand washing does. You'll conserve even more by not rinsing your dishes before loading your dishwasher. Simply scrape the plates and place in the racks.

**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:

You throw away the outside and cook the inside. You eat the outside and throw away the inside. What did you eat?

**Last Month's Answer to:**

*Why do soccer players do well in school?*

**They use their heads!**

**Last month's Winner:**

**PAULETTE COOPER**

**INTEGRAL WEALTH MANAGEMENT**

Email your answer to [info@pacific-records.com](mailto:info@pacific-records.com)

## **October Trivia: The World Series**

Play ball! In October, the boys of summer meet for the World Series. Test your knowledge of this annual baseball event with this fun trivia quiz.

1. What two brothers, both pitchers, played in and won World Series games?
2. Who was the first to hit four home runs in a World Series?
3. Who was the first U.S. president to throw out the first ball in a World Series?
4. Which St. Louis player stole seven bases in the 1968 World Series?
5. When was the first World Series played?
6. The World Series of '89 was delayed 10 days after the San Francisco earthquake. Which teams played in it?
7. What year was the first time in World Series history that two wildcard teams met?
8. Which player appeared in 75 World Series games?
9. In which decade did the New York Yankees win their first World Series?
10. In which year in the 1990s was there no World Series due to a baseball strike?

*Answers on back page!*



**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](mailto:info@pacific-records.com) for more information.

---

## Street Food Basics on the Road

When traveling, you will find that the best and most authentic dishes are not served in fine dining establishments. To truly explore local cuisine, street-side dining is the way to go. Served off of carts, in small storefronts, little restaurants, and at local markets, street food offers dishes prepared by specialists who have honed their craft. As a bonus, this is often the cheapest way to eat your way through a new culture.

To make sure that you are getting the best and safest food you can, first scope out your options. You can never go wrong by following the locals. A long line at a stall in a food market means that there is considerable repeat business and that the locals believe it to be reputable. Good turnover also means that you have a better chance of getting the freshest food.

Take a quick look to consider cleanliness when deciding where to eat. There should be some sort of refrigeration or ice available to keep cold foods cold, and raw food should be stored separately from cooked food. There should also be an area for washing up, both hands and cooking utensils.

Choose food that is cooked on the spot instead of being held warm or reheated. You will know your food is fresh and there is less of a chance of bacterial contamination. Food loaded with citrus, chiles, and vinegar are safer to eat, as these ingredients have antibacterial properties.

Finally, it never hurts to bring your own utensils. You can find small travel utensil sets that you can tuck into your pocket or purse. It is always safest to drink from just-opened bottles. Some of the beverages served street-side out of large containers can cause problems for foreign stomachs.



---

## HIPAA and Data Destruction

The Health Insurance Portability and Accountability Act (HIPAA) has been around for over 20 years, and during that time, the healthcare industry has evolved. Electronic health records have replaced paper patient charts to become the new norm. Due to the ubiquity of electronic protected health information (ePHI), data breaches have become increasingly common. As a result, in its July 2018 Cybersecurity Newsletter, the Department of Health and Human Services' Office for Civil Rights (OCR) reminds HIPAA-covered entities of the secure disposal requirements for electronic devices and media.

Electronic devices that may store ePHI include the following:

- Portable hard drives
- Backup tapes
- Desktop computers
- Laptops and tablets
- Servers
- Mobile Phones
- Fax machines
- Photocopiers
- Printers

OCR also stresses that "Devices or media that need to be replaced should be decommissioned and disposed of securely to ensure that either the devices or media are destroyed, or any confidential or sensitive information stored on such devices or media has been removed." HIPAA-covered entities that fail to follow these requirements may be fined by the OCR or face civil lawsuits. Recently, the OCR has stepped up non-compliance enforcement. As a result, it's important to have a secure and reliable data destruction solution. Find a qualified hard drive and media shredding partner who will make sure your electronic devices are destroyed in a HIPAA-compliant manner.

---

### TRIVIA QUIZ ANSWERS:

1. Daffy and Dizzy Dean. 2. Babe Ruth. 3. Woodrow Wilson. 4. Lou Brock. 5. 1903. 6. San Francisco Giants and Oakland Athletics. 7. 2002. 8. Yogi Berra. 9. 1920s. 10. 1994.

---

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