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May 2018

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300 pounds
20% off purge over
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Records kept beyond their required length of time, become a liability.
How long do you really have to keep those documents?

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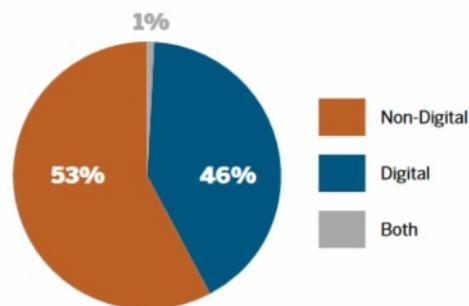
* Shredding purge job must be scheduled and performed by May 31, 2018

How Secure is Your Identity?

While we may think that since we live in a digital age that identity theft is strikingly higher online, this is not the case. A recent study indicates that traditional identify theft through paper documentation is even more prevalent and dangerous than cyber-theft.

Non-Digital vs. Digital

This pie chart shows the percentages of PII theft incidents in ITAP that were "digital", "non-digital" and both. A theft is considered purely digital if the resources used by the perpetrator(s) include nothing other than computers (or other digital devices), the internet (or other computer networks), and information accessible via such networks. A theft is purely analog if it primarily involves physical actions (beyond those required to operate a digital device); e.g. breaking into an office and stealing a laptop. An example of "both" would be a case in which the perpetrator gets someone to reveal a password over the telephone via social engineering (analog), and then uses the password on a website to access the victim's bank account information (digital).



SOURCE: The University of Texas at Austin Center for Identity

Despite that prevalence, experts say non-digital, analog incidents of identity theft and fraud often get lost in the conversation, in part because consumers are skeptical about the potential risk and impact compared to the looming threat of big-name hacks they hear about in the news.

CNBC recommends several steps to manage your risk for non-digital identity theft:

- 1) **Safeguard information**
- 2) **Secure your stuff**

- 3) **Scale back paper records**
- 4) **Clean up your trash**
- 5) **Monitor your mail**
- 6) **Be careful who you trust**

For the entire article and further information on this topic, [click here](#)

Extend Your Life Expectancy By 10 Years

A recent study finds that by doing these 5 things you can increase your life span by a decade, or even more! Sticking to all five tips at age 50, as opposed to none them, resulted in living 14 years longer for women and 12 years for men.



1. **Never Smoke** - Cigarette smoke has a greater effect on lifespan than the other factors. Even minimal smoking is connected to early death.
2. **Maintain a Healthy Body Index** - Experts agree your BMI should be between 18.5 and 24.9.
3. **Maintain Moderate to Vigorous Exercise** - Physical activity of at least 30 minutes per day, including brisk walking, reduces early death.
4. **Don't Drink too Much Alcohol** - Drinking just 1 drink a day can shorten life span. More than 7 drinks a week can increase your risk of death from all causes.
5. **Eat a Healthy Diet** - The biggest culprit of early death is salty food and too much red meat. Green leafy vegetables are most associated with longer life expectancy.

Experts say the surprising result of this study is what a massive impact these simple behaviors have on increased life expectancy. The conclusion should motivate and encourage people to live a healthier lifestyle.

Source: CNN.com citing Journal of Circulation

Interesting Facts You May Not Know About Memorial Day



Memorial Day is a holiday that honors all the amazing Americans who have died serving our country. It has also become the unofficial kick off of summer and marks the end of the school year. Here are some interesting facts:

- Almost 40% of Americans travel over Memorial Day weekend and almost 90% will drive to their destination
- In 1873, New York was the first state to recognize Memorial Day
- Orlando is the most popular Memorial Day destination
- Only about 14% of Americans take advantage of Memorial Day promotions
- The estimated cost of lost valuables during the Memorial Day weekend is \$139.2 Million
- 900,000 people are expected to watch and participate in the Memorial Day Parade in Washington, DC

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