

Assistance for Seniors

If you are a senior citizen, or have an elderly loved one, take a moment to review whether you are getting all of the benefits to which you are entitled. Over five million elderly Americans are not taking advantage of benefits provided by state and federal government programs. These benefits range from health care coverage to supplemental income to help paying utility bills.

Check out www.benefitscheckup.org. This website, sponsored by the National Council on the Aging, offers a way for seniors, their families and their caregivers to access information on over 2,000 federal, state, and private programs. All states are covered and the information is easily accessed over the Internet. You'll find information on prescription drugs, nutrition, energy assistance, health care, Social Security, housing, transportation, employment, volunteer services, and more.

By the Numbers: Student Loans

- The average student loan debt is \$30,000.
- About 60 percent of college students borrow money annually to help cover college costs.
- Over 2 million people aged 60 and over still have student loans.
- In the United States, there is just over \$1 trillion in total outstanding student loan debt.
- About one percent of borrowers owe more than \$200,000.

Sources: Federal Reserve Board, College Board

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Thoughts from Richard Steed

September 14-18 is National Love Your Files Week. Who would know that except for your Records Management provider? Yes, there's actual official calendar recognition for the love of files. And not just a "love your files day," but, in fact, an entire week for that!

You may not love your files. You can probably think of a dozen reasons why you don't even *like* them. They can take up valuable office space, be in the way, be hard to find, and sometimes even disorganize themselves for no apparent reason. They can be hard to manage when you're trying to focus more on your primary business concern—*your customers!*

You're most likely not feeling up to worshipping your files for an entire week and probably don't want the stress of even thinking about whether you should. So how can you sincerely honor National Love Your Files Week? How can you truly put your heart into it? *What will the neighbors think?*

Well, hey, that's what you have us for. We're your Information Management provider and we love your files for you! In fact, we're already loving them, even as you read this. We're like the "Scrubbing Bubbles." We love your files so you don't have to!"

If fact, loving your files for you is something we do FREE of charge. It's just a tad embarrassing for us to admit . . . but it's easy for us. We don't even have to try . . . "Files R Us." Every day . . . we even have fun with it (blush).

So relax and know that the onerous task of loving your files for an entire week has been placed squarely on us and we got you covered. As for the rest of September—enjoy!

Richard

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.

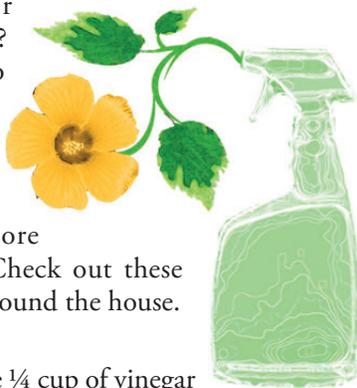
(888) 893-6054 or info@pacific-records.com

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 September!

Clean It Up: Greener Cleaners

Looking for a greener household cleaning product? You may need to look no further than your kitchen cabinet! Many cleaning products can be made at home. Not only are they less expensive, they are more environmentally friendly. Check out these great ideas for cleaning up around the house.



All Purpose Cleaner

In place of ammonia, use ¼ cup of vinegar to one gallon of water. To clean surfaces in the bathroom, add baking soda to this solution.

Windows and Glass

Use 1/2 cup vinegar diluted in one gallon warm water. To prevent streaking, don't wash your windows when they are in direct sunlight. Use crumpled newspapers to dry them.

Pots and Pans

To remove burned or crusted-on foods, use 2 tablespoons baking soda and 1 quart of water. Bring solution to a boil in the pan, remove from the heat, and let stand until particles are loosened.

Drains

As a preventative, pour 1/4 cup baking soda into the drain. Follow with 1/2 cup vinegar. When the fizzing subsides, pour boiling water into the drain.

Steam Irons and Coffee Makers

Dilute vinegar with water and run this solution through your steam iron or coffee maker. This will remove water residue and deposits.

Labels or Stickers

Soak a sponge or dishrag in warm vinegar. Cover the sticker with the wet sponge and let stand. When the sticker is saturated, it should peel off. If the sticker is not completely removed, try using nail polisher remover or rubbing alcohol. Use this method only on washable surfaces.

“Education is not the filling of a pail, but the lighting of a fire.”

— William Butler Yeats

Quick Tips: Home

Many local utility companies offer a free energy audit of your home. After looking for leaks and other sources of energy waste, they can give you ideas to improve the energy efficiency of your home. They can also provide you with information about incentives and rebates you can get by replacing old appliances, adding insulation, or installing green features to your home.

September Holidays and Events

- 1-7 Self-University Week
- 4 Bring Your Manners to Work Day
- 5 International Day of Charity
- 6-12 National Waffle Week
- 7 Labor Day
- 7-13 National Suicide Prevention Week
- 8 International Literacy Day
- 9 Wonderful Weirdos Day
- 10 World Suicide Prevention Day
- 11 Patriot Day and National Day of Remembrance
- 13 National Grandparents' Day
- 13-19 National Assisted Living Week
- 14 National Boss/Employee Exchange Day
- 14-18 National Love Your Files Week!**
- 15 International Day of Democracy
- 16 National School Backpack Awareness Day
- 17 Citizenship Day
- 17-23 Constitution Week
- 18 Constitution Day
- 18 National POW/MIA Recognition Day
- 19 Fall Astronomy Day
- 19 International Talk Like a Pirate Day
- 20-26 World Reflexology Week
- 21 International Day of Peace
- 21-27 International Week of the Deaf
- 22 American Business Women's Day
- 23-30 International Interpreters and Translators Week
- 25 World Maritime Day
- 26 Family Health and Fitness Day—USA
- 27 World Tourism Day
- 28 World Rabies Day
- 29 International Coffee Day
- 29 National Biscotti Day
- 30 National Women's Health and Fitness Day

September is also . . .

- International Speak Out Month
- International Strategic Thinking Month
- International Women's Friendship Month
- AKC Responsible Dog Ownership Month
- Atrial Fibrillation Awareness Month
- Attention Deficit Hyperactivity Disorder Month
- Baby Safety Month
- Be Kind to Editors and Writers Month
- Childhood Cancer Awareness Month
- Eat Chicken Month
- Fall Hat Month
- Gynecologic Cancer Awareness Month
- Happy Cat Month
- Healthy Aging Month
- Hunger Action Month

PacBlog

Toss, Scan, or Store?

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

<http://pacific-records.com/toss-scan-or-store>

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>

Bumpah Stickahs . . .

- Those who discourage your dreams likely have abandoned their own.
- There is no chance unless you take one.
- If you can't be a good example, you'll just have to be a horrible warning.
- "I'm sorry" and "I apologize" mean the same thing—unless you are at a funeral.
- A clear conscience is usually the sign of a bad memory.

"Be faithful in small things because it is in them that your strength lies."

— Mother Teresa

Do You Want To Win A \$25 VISA 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's green and smells like blue paint?

Last Month's Answer to: *Where does a penguin keep its money?*

"The Snow Bank"

Last month's Winner:

DIANA MILLA

BUCKINGHAM PROPERTY MANAGEMENT

Email your answer to info@pacific-records.com

SEPTEMBER SERVICE AWARDS

Celebrating Pacific Employee Anniversaries

7 YEARS

David Meza

Quick Tips: Safety

Riding the bus can save you money. To be safe on this public transportation, practice awareness when getting on and off the bus. Wait at a bus stop that is well-lit and has lots of traffic and people around if possible. Sit near the front of the bus so you are closer to the driver. When exiting a bus, be aware of those exiting at the same time. Travel immediately to a safe spot and continue to your destination.

Quick Tips: Green Living

Did you know that you can recycle your running shoes? Nike offers a program that takes old, worn-out athletic shoes and turns them into a product called Nike Grind. This material is used to create courts, tracks, fields, and playgrounds. To participate, simply take your old shoes to any Reuse-A-Shoe collection drop-off, located at most U.S. Nike and Converse retail stores. For more information, visit NikeReuseAShoe.com.



"We have a VP of Records Management, but we don't know who it is because nobody can locate the file."

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.

How to Leave Us a Google Review

Thank you for being a client of Pacific Records Management!

As the online world grows and expands, one thing we rely on for business is client reviews. These reviews help us to achieve better ranking in search engines. Would you be willing to review our company? We've provided the links below with easy instructions to submit your review.

Thanks in advance for taking the time to help us! We appreciate your business and it is a pleasure to serve you.

How to Review Us on Google

Please go to the appropriate link below for your service area:

Sacramento: <https://plus.google.com/+PacificRecordsManagementSacramento/about?hl=en&review=1>

Modesto: <https://plus.google.com/+PacificRecordsManagementModesto/about?hl=en&review=1>

Stockton: <https://plus.google.com/+PacificRecordsManagementStockton/about?hl=en&review=1>

Fresno: <https://plus.google.com/+PacificRecordsManagementFresno/about?hl=en&review=1>



Next, sign in to Google+, and click the gray "Write a Review" button found just under our address.

You will be directed to a login screen for Google. If you are logged into your Google account, you will see a review window, and your review will be posted using your Google ID. If you do not have a Google account, click on the red "Create Account" button link at the top right to get your free Google account.

In the Review section, choose the rating that best represents your opinion of our company and the service we provide. Then in the open box area, please add a description to support your rating. Be sure to click the blue "Publish" button when you are finished.

How to Lose a Pound a Week

It only takes a reduction of 500 calories a day to allow you to lose one pound a week. You can easily achieve this goal with some simple food substitutions. If you are motivated, you can also add some exercise to your week to make it even easier to lose the weight. Here are some ideas that you can use to cut those daily calories:

Instead of a fast food lunch, which can range from 600 to 1500 calories, opt for any number of frozen entrees that have under 300 calories. Great ones to try are Weight Watchers Smart Ones and the South Beach Diet line.

When having pasta, rice, or potatoes as part of your meal, cut the amount of these carbohydrates in half and substitute some sautéed vegetables. Add broccoli to your pasta, some onions and red peppers to your rice, and have a smaller serving of those mashed potatoes while adding a tossed salad. You can save 300 to 400 calories in one meal.

Instead of high calorie desserts like ice cream or brownies, choose low-fat yogurt or diet sparkling flavored water to satisfy your sweet tooth. Many ice creams now come in sugar-free varieties as well. You will save another 300 calories this way.

To dress up your sandwich, choose lower calorie condiments instead of high calorie mayonnaise or dressings. Light mayo has only 50 calories per tablespoon. Even lower calorie choices include spicy brown mustard at 5 calories per teaspoon, Tabasco sauce at 0 calories, and relish at only 5 calories per teaspoon.

If you want to walk away the pounds, use these guidelines: A moderate pace of 3-4 miles per hour for one hour will burn 200-300 calories.

Plant Your Garden This Fall

It is a wonderful sign of spring when flowers planted in the fall begin to finally poke through the soil. The key to having a colorful, early spring garden is to properly plant bulbs in the fall. These types of flowers are called perennials, and they will keep blooming year after year.

To ensure the best results, choose a good place to plant your bulbs. They should be at least five feet from the foundation of your home, in soil that is well-drained and with a pH between 6.0 and 7.0. Each bulb should be placed in its own hole, along with some bulb fertilizer. If your soil has clay in it, you will also need to add in some organic material or mulch. Each bulb type should be planted at a specific depth. The packaging that your bulbs come in will specify how deep they should be planted. All bulbs should be planted with the pointed end facing upwards.

Different flowers will bloom at different times during the spring. To get a garden full of color for several months in a row, choose bulbs that bloom at different times. For example, plant crocus in the same bed as daffodils, along with some tulip bulbs. You will have flowers from early spring to early summer.

Bulbs should be planted after the first frost, which varies depending on where you live. Your local nursery can tell you the best time to plant.

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

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