



L I F O

Lifestyle | Involvement | Fun | Opportunities



ISSUE X: APRIL - JUNE 2022

Welcome to L.I.F.O.

Lifestyle

Bringing awareness to health and well-being both in and out of the workplace

Involvement

Promoting a sense of inclusion throughout the entire Samet community

Fun

Coming together and commemorating small moments

Opportunities

Organizing opportunities for employees to make a difference in the community

Dear Samet Staff,

Welcome to Issue X of the L.I.F.O. Newsletter! With another successful busy season under our belts, we are eager to soak up the sun these upcoming months.

Through this newsletter, we aim to enhance the community at Samet by focusing on four main categories: Lifestyle, Involvement, Fun, and Opportunities. Each of the four categories were thoughtfully chosen to enhance the friendly and supportive atmosphere at Samet, as well as the overall mental and physical well-being of the firm. L.I.F.O. is open to everyone so if anyone has a suggestion, please do not hesitate to reach out!

We hope you enjoy this issue! Cheers to a wonderful spring and summer.

L.I.F.O. - Danny, Jill and Kelly

Lifestyle

PODCAST APPRECIATION

“Hidden Brain” explores the unconscious patterns that drive human behavior and questions that lie at the heart of our complex and changing world.

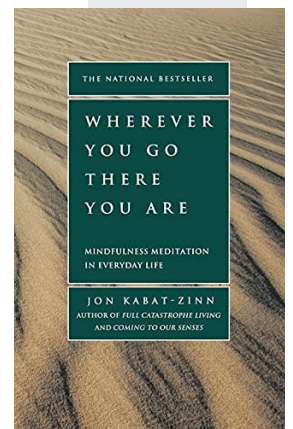
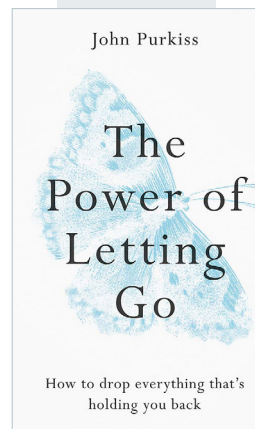
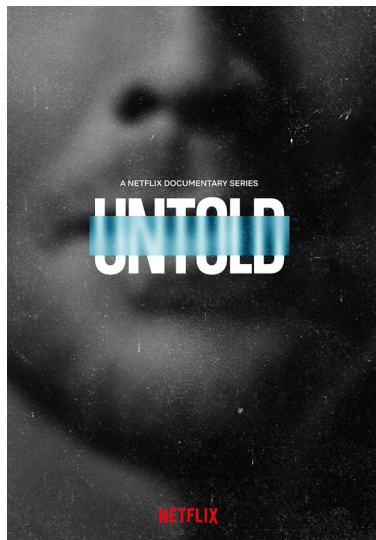
Whether you’re tuning in to an episode about the psychology of self-doubt, working from home, why it’s so hard to apologize, rewriting your life’s narrative, or many more fascinating episodes, you’ll come away with a fresh perspective on life.

Check it out here: <https://bit.ly/3CSfE8Q>



Documentary Series

The Book Nook
MINDFULNESS Edition



Lifestyle



Samet Workaversaries

1986 (36 years): Jay Kessler

1989 (33 years): Sandra Sullivan

2008 (14 years): Jeffrey Putnam

2011 (11 years): Josh Levine

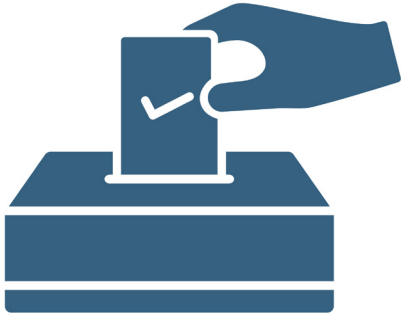
2017 (5 years): Dani Vonidova

2019 (3 years): Jillian Lawless

2021 (1 year): Colette Cloutier, Aine Curran,
Courtney Schleyer

Lifestyle

Health + Mindfulness



Samet Suggestions

Samet cares about what you think! We have created a virtual suggestion box to encourage you to ask questions, make suggestions or raise concerns. Feel free to submit an anonymous message at any time, whether it be a snack suggestion or a recommendation for receiving internal feedback.

We hope that by giving you the opportunity to share your suggestions, this box will encourage communication between management and employees and strengthen our company culture after a long busy season.

Have a suggestion? Let's hear it: <https://bit.ly/3O1lsID>

Feeling stressed? Try out these free mindfulness meditations from Headspace to help you clear your mind after tax season.



The Nike Training Club app has over 185 free workouts!

5 Morning Smoothies to Go with Your Meditation



Involvement



Upcoming Birthdays



APRIL

4/5 - Danny Waung
4/6 - Jenni Rancourt
4/9 - Jakub Sudol
4/27 - Courtney Schleyer
4/28 - Irene Patak
4/30 - Randy Smith



MAY

5/2 - Jillian Lawless
5/20 - George Malloy
5/27 - Michael Nocella
Kelly O'Connor



JUNE

6/2 - Jay Kessler
6/8 - Christian Andrews
6/14 - Catherine McHatton
6/27 - Donna Withrow
6/28 - Steve Fanger
6/29 - Jeff Putnam

Involvement

Getting to Know the Samet Staff!

JENNI RANCOURT

STAFF ASSOCIATE



What attracted you to Samet? What is your favorite aspect of Samet?

After 20 years of working in the bartending world, at night, it was a nice change to be able to work days and have flexibility and be home at night with my kids and husband. One of the things I like about working for Samet is the team comradery.

Do you have any career lessons, general advice to others, or rules that you live by?

Be flexible and a team player, help others when needed; this works well in an office setting.

What are some of your favorite activities to engage in outside of the office?

I enjoy hanging with friends and family, going to the beach, watching the Patriots, and especially watching my kids play sports.

Favorite movie?

My favorite movie is Forrest Gump (secretly the Lion King!).

What is a fun fact about yourself that would not be well known around the office?

I am sometimes a little too competitive when it comes to playing sports or even board games!

What is your biggest pet peeve?

When people don't dispose properly of their used bandaids.....Nothing worse then jumping into a pool or lake and one floats by. Gross!

What is your favorite or ideal vacation spot? Why?

Anywhere with my family, warm, on a beach with a drink in my hand.

What was your dream job as a child?

My dream job as a child was to be a teacher.

Involvement

Getting to Know the Samet Staff!

ERIN KIRKALDY

SUPERVISOR



Do you have any career lessons, general advice to others, or rules that you live by?

Live less out of habit and more out of intent.

What are some of your favorite activities to engage in outside of the office?

I just moved to a new city which has a really vibey downtown. I'm really enjoying checking out all of the bars, restaurants, and live music.

Favorite music genre?

For music I go through phases, but I always prefer really fun, upbeat stuff. I would love to go to a Justin Bieber concert right now!

What is your favorite or ideal vacation spot? Why?

I grew up going to my grandparent's cottage on Canandaigua Lake in upstate NY. It's so beautiful and relaxing. You get to sunbathe, paddleboard, water ski, swing in the hammock, go for boat rides. It's my happy place.

Involvement

Getting to Know the Samet Staff!

DANNY WAUNG

SENIOR ASSOCIATE



Do you have any career lessons, general advice to others, or rules that you live by?

There are so many it is hard to choose. One standout would be from Voltaire, “The most important decision you will ever make is to be in a good mood”.. I like this one.

What are some of your favorite activities to engage in outside of the office?

These days I am quite the yoga enthusiast. The daily yoga practice pairs great with my love for running and tax returns.

What is your biggest pet peeve?

I do not like to be in a rush. So, I generally do not go right on red as I am not in a hurry to get to my destination. If there is no sign that clearly notes “NO RIGHT ON RED”, please honk all you want.. just know I will not go right on red and you did not steal my peace. But if there is a sign that clearly notes “NO RIGHT ON RED”.. please honk all you want, but come on now, read the room or the sign.

What was your dream job as a child?

This is a good one. I had a lot of dreams.. I think the most unrealistic is I really wanted to become a dog. So much so I had my family call me “Dog” for a bit. That didn’t last long. I think the one that stuck the longest was that I really wanted to be a teacher or coach and have a positive impact in my communities.

Involvement



Reminders:

FOLLOW OUR SOCIALS!

Keep an eye out for an invitation to like Samet on LinkedIn!



Don't forget to like and share our content!

The deadline to complete CPE courses is June 30, 2022.

If you have not yet completed 80 hours of CPE credits between July 1, 2020 and now, check out these upcoming virtual courses offered by MassCPAs to get caught up: <https://bit.ly/37hb3kZ>

Keep an eye out for an email from Jillian with a tracking spreadsheet and CPE certificates that you have not yet received.



If you are interested in playing co-ed kickball this year, email Teddy to sign up! The first session begins on Tuesday, May 17th in the Fenway area.

Fun

Toast to Tax Season!



Cheers to another successful tax season! It's time to celebrate.
Click on the titles for the links.



Citrus Champagne
Punch



Pineapple Ginger
Mojito



Kentucky Derby
Mint Julep



Frozen Peach Margarita



Piña Colada Daquiri



Blueberry Lemon Mule

Fun

Samet On the Run!



MassCPA Fitness Challenge Samet Team:

| | |
|-------------------|----------------------|
| BOBBY DICKSON | KATE SCHUMAN |
| COURTNEY SCHLEYER | LAUREN RILEY |
| DANNY WAUNG | LEIGH WILSON |
| JENNI RANCOURT | MARY MONAGLE |
| JILLIAN LAWLESS | MATTHEW FORD |
| JOHN CZYZEWSKI | RISE FANGER |
| JOSH LEVINE | STEPHANIE BLUMENTHAL |
| TAYLOR NETTLESHIP | |



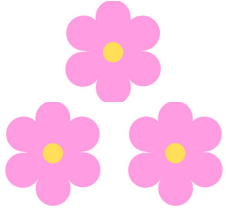
Congratulations to Danny for having the most steps on the Samet team and for taking first place in the MassCPA Virtual 5k!

Shoutout to Josh L., Randy, Brooke and Jenni for also participating in the 5k!

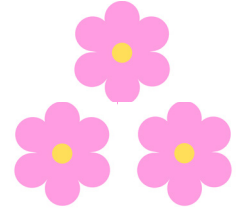


Kate, Leigh and Jenni getting in their steps!

Opportunities



Spring Into Action!



A SAMET VOLUNTEER DAY IS THE WORKS! KEEP AN EYE OUT FOR MORE INFORMATION IN THE UPCOMING WEEKS.

IN THE MEANTIME, HERE ARE SOME WAYS YOU CAN GIVE BACK TO THE COMMUNITY THIS SPRING AND SUMMER:

[HTTPS://WWW.BOSTONCARES.ORG/CALENDAR](https://www.bostoncares.org/calendar)