



L I F O

Lifestyle | Involvement | Fun | Opportunitites



ISSUE IX: JANUARY - MARCH 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,

Happy New Year and welcome to Issue IX of the L.I.F.O. Newsletter! We hope that everyone had a safe and memorable holiday season. Now it's time to tackle another busy season!

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 look forward to working together to improve our communities and having a successful start to the New Year!

L.I.F.O. - Danny, Jill and Kelly (our newest member!)

Lifestyle



1 BUY LESS AND USE WHAT I HAVE

2 MORE SMILES, MORE SLEEP

3 WALK MORE

4 LEARN A LOT DURING MY FIRST BUSY SEASON!

5 CONTINUE TO LEARN PROFESSIONALLY AND TRAIN JIU JITSU AND SNOWBOARD AS MUCH AS TIME ALLOWS

6 LOSE WEIGHT

7 TRY NEW HEALTHY RECIPES

8 IMPROVE MY GOLF GAME

9 MAKE READING MY FRIEND AGAIN

10 EAT HEALTHIER

11 MORE AEROBIC EXERCISE

12 GET OUTSIDE EVERYDAY DURING TAX SEASON

13 BE ABLE TO RUN 10 MILES AGAIN

14 EXERCISE MORE

15 GYM 4 TIMES A WEEK

16 SPEND LESS MONEY ON COFFEE

17 EAT MORE AT HOME AND SCHEDULE MORE TIME FOR MOVEMENT BREAKS

18 DRINK MORE WATER

19 MORE FOCUS TIME AT WORK

20 CLEAN OUT MY CLOSETS

Lifestyle

New Year

Inspiration

Quotes

"You must own everything in your world. There is no one else to blame."

"The most important decision you will ever make is to be in a good mood."

"If your dreams don't scare you they're not big enough."

"A broken crayon still colors."

"Trying to please everyone so that they can like you is an exercise in futility, it is slavery."

"You may not always be the best, but you can always be your best."

"If you do not go after what you want, you will never have it. If you do not ask, the answer will always be no. If you do not step forward, you will remain in the same place."

😊 Happy Pictures 😊



Kelly's brother,
Christopher!



Jenni's family!



Jillian's nephew, Ollie!

Lifestyle



Samet Workaversaries

January

1971 (51 years): George Malloy

2000 (22 years): Marina Sapashnik

2007 (15 years): Paul Flanagan & Irene Patak

2011 (11 years): Erin Kirkaldy

2012 (10 years): Taylor Nettleship

2014 (8 years): Mike Nocella & Bob Storey

2016 (6 years): Teddy Hurst

2017 (5 years): Bobby Dickson

2018 (4 years): Traci Grady & Anthony Lorusso

2019 (3 years): Cynthia Casey & Claudia Volk

*2021 (1 years): Christian Andrews, Stefani Franklin, Brett Jennings,
Mary Monagle & Kelly O'Connor, Jenni Rancourt*

February

2010 (12 years): Jim Alexander

2011 (11 years): Helen Schussler

Involvement

Upcoming Birthdays

JANUARY

1/3 - Erin Kirkaldy
1/8 - Brooke Munafo
1/10 - Tom Attura
1/11 - Kate Schuman
1/14 - Dennis Giangregorio
1/24 - Anthony Lorusso
1/25 - Colette Cloutier
1/29 - Michele McGann

FEBRUARY

2/2 - Peta Thomas
2/4 - Mike Kokoros
2/10 - Stephanie
Blumenthal
2/16 - Helen Schussler
2/20 - Kat Cormier

MARCH

3/1 - Paul Ford
3/4 - Norman Posner
3/7 - Sandra Sullivan
3/14 - Su Dai
3/16 - Morgan Torbert
3/18 - Taylor Nettleship
3/20 - Ashley Conti
3/21 - Kristie DeLuca

CHECK US OUT!

Follow us on LinkedIn, Twitter and Facebook by clicking the images below! Don't forget to share our posts :)



REMINDER:

If you are interested in participating in the MassCPAs Fitness Challenge running from Tuesday, 2/1 through Friday, 4/15, please email Jillian at jillianl@sametcpa.com and she will add you to the list.

Involvement

Getting to Know the Samet Staff!

SU DAI
SENIOR ASSOCIATE



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

I had a great and special interview experience with Samet. For some reason, I had to present myself in my car and everyone was so professional, pleasant, and understanding. I felt belonged and included at once. This attracted me to join Samet.

Do you have any career lessons, general advice to others, or

How to have a satisfying life? "To perceive, to sense, to feel" -- Plato

Favorite book? Music genre?

Favorite book: "Why Bob Dylan Matters"

Music genre: Queen/Freddie Mercury

What is your favorite or ideal vacation spot? Why?

My favorite vacation spot is the Saipan Island in Pacific Ocean. I love snorkeling with thousands of colorful fish among corals.

Involvement

Getting to Know the Samet Staff!

JOSH GOWER

SENIOR ASSOCIATE



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

From my first interview I sensed a tight-knit community which is what attracted me to Samet. I look forward to getting to know everyone here!

Favorite music genre?

My favorite music genre is EDM, but I enjoy virtually every genre and love to share music suggestions with people!

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

In college I was president of the Outdoor Club, and I've been itching to get back into more outdoor activities!

What was your dream job as a child?

My dream job as a child was to be a Veterinarian because I love animals.

Involvement

Getting to Know the New Hires!

AVESTA HAIDARY

SENIOR ASSOCIATE



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

My favorite quote is: Talent wins games, but teamwork and intelligence win championships.

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

Hiking and biking

Favorite music?

My favorite music is electronic.

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

I'm a big fan of sports cars.

What is your favorite or ideal vacation spot? Why?

Hawaii because of the beautiful hikes.

What was your dream job as a child?

To become an interior designer.

Involvement

Getting to Know the New Hires!

ASHLEY CONTI

STAFF ASSOCIATE



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

I was drawn to the welcoming environment that Samet offers. Throughout the interview process everyone was extremely friendly and helpful. I knew that this would be a place where I could learn and grow within my career.

Favorite book? Movie? Music genre?

Book: Invisible by James Patterson

Movie: Captain America: The Winter Soldier

Music Genre: Rock or pop

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

I love going to concerts! My goal is to see a show in every state. So far, my favorite has been the Foo Fighters in Anchorage, Alaska!

What was your dream job as a child?

I wanted to be a veterinarian.

Involvement

Getting to Know the Samet Staff!

SAMANTHA KELLMAN

STAFF ASSOCIATE



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

What attracted me to Samet were the people and the opportunity to grow as an accountant. In previous positions, I worked predominantly in tax so I was attracted to the freedom of exploring both tax and audit.

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

Outside of the office, I love to spend as much time outside as I can. Hiking, playing sports and exploring the city are a few of my favorites!

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

Fun Fact – I recently moved to Boston this past December! After leaving Manhattan I decided that I wanted to try something new – so I thought Boston would be a great city to move to. I am still finding new things to do every day, recommendations welcome!

What is your biggest pet peeve?

My biggest pet peeve is negativity. Negativity can be contagious, so I prefer to always keep a positive attitude.

What is your favorite or ideal vacation spot? Why?

My favorite vacation spot is Thailand. I studied abroad in Bangkok and fell in love. Thailand offers beaches, mountains, and my personal favorite – Thai Food!

What was your dream job as a child?

My dream job was to be a music teacher!

Involvement

Getting to Know the Samet Staff!

STEPHANIE BLUMENTHAL

BOOKKEEPER



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

I am lucky to have lots of hobbies to keep me busy! I love to play golf, tennis, and pickleball. I also like to hike, ski and snowshoe. But don't be fooled, I also like to relax with a good knitting project or playing cards with friends.

Favorite movie? Book?

I love going to the movies, I really miss going to the theater and can't wait to feel comfortable going again. I also love to read. I am in two book clubs so I read at least two books a month. Historical fiction is my favorite, but love to hear what others are reading and get suggestions.

What is a fun fact about yourself/favorite vacation spot?

I have to admit that I never thought I would enjoy this, but with Covid, we did not want to fly out of the US, so we decided to rent an RV. We flew to Vegas, picked up our 35' RV and set out on a 10 day National Park tour. It was a blast! We rock climbed, kayaked, hiked, biked and made some great meals over a roaring fire!

Involvement

Intern Profiles

Brandon Bruso

**What is the best dish you can make?**

I can make a pretty good chicken parmesan.

What is your favorite sports team?

The New England Patriots

What is your favorite hobby?

I love to play basketball.

What is your favorite vacation spot?

My favorite vacation spot is Lake Winnepesaukee.

What is your favorite winter activity?

My favorite winter activity is skiing.

Abi Davis

**What is the best dish you can make?**

My absolute favorite dish that I'm an expert at is lasagna. It was the first dish I've ever made as a kid growing up in the Caribbean and it was always a part of my family Sunday lunch!

What is your favorite sports team?

My favorite sports team is Manchester United F.C. I've always loved soccer and played with my brothers from time to time. I think it's been an inspiring team for me, and I also think it inspires the youth to grow and succeed in playing professional football.

Do you have any hidden talents?

I've sang all my life occasionally at events but mostly in church. Before having my children, I was a member of a professional Latin dance group in New York City. It was an exciting experience training and attending shows with my team. Lastly, Limbo games which was originated from my country Trinidad and Tobago is a game that interests many. The goal is to pass under the lowest bar without touching or falling. I haven't played for many years but I'm sure I still have the touch.

What is your favorite hobby?

My favorite hobbies are swimming and hiking. I haven't hiked yet since I've been in the US but I really enjoying swimming with my kids every summer.

Zach Nestell

**What is the best dish you can make?**

My best dish is chicken parmesan, I grew up cooking it with my dad and it has always been a favorite of mine.

What is your favorite sports team?

Any Boston team but particularly the Bruins and Patriots.

Do you have any hidden talents?

I have been playing the drum set since I was little.

What is your favorite vacation spot?

My favorite vacation spot is Disney World, there is so much to do, and the firework shows are always amazing.

What is your favorite winter activity?

My favorite winter activity is snowmobiling. I haven't been much lately but growing up in New Hampshire I went almost every day during the winters.

Involvement

EMPLOYEE RECOGNITION



“Danny Waung. Works hard to get the work done and willing to help others.”

“Danny Waung - Has done a great job stepping into a tax trainer role, which has helped tremendously with the changes we made to the training this year. Having someone with his energy and personality has been a huge asset, not just to me but also to all of the staff in the training.”

“Danny! He is killing it with training.”

“Jakub Sudol, he is always willing to help whenever I have a question and I know he does this for other Associates as well. He does not have to offer his time to us but makes it a point to answer every question I have, and if he does not have an answer he will point me in the direction of someone who does. He is a great team player as well as leader to everyone who was recently hired!”



“Jakub Sudol - Is always there to lend a helping hand and answer any questions I may have.”

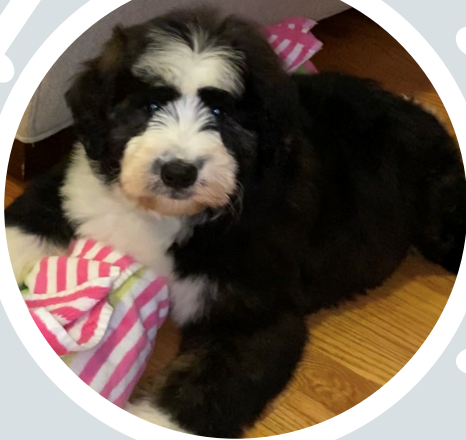
“Risë with all of her hiring!”

“Danny Waung, Kelly O’connor, Edward Hurst, and Christian Andrews have all gone above and beyond, by taking the time to answer all of my questions in regards to the tax training and the onboarding process.”

“Jillian Lawless, for putting together LIFO each quarter for the entire firm to read and enjoy :)”

Fun

Pets of Samet!



Cynthia's puppy Snickers



Kat's hamster Gerbie



Helen's dog Archie



Danny's dog Odie



Leigh's cats John + Alice



Cat's dog Sadie

Opportunities

Local Volunteering Opportunity



Boston Harbor Islands

HELP PRESERVE AND PROTECT THE NATURAL AND CULTURAL RESOURCES OF THE BOSTON HARBOR ISLANDS



Consuming Consciously



MABLE

Sustainable bathroom essentials



ONEHOPE WINE

Gives to organizations that provide greater access to water, hunger relief, health & education



BEN & JERRY'S

The Ben & Jerry's Foundation funds organizations in VT and around the country that are working for progressive social change



THRIVE MARKET

One-for-one membership program gives a free membership to families in need