



# L I F O

Lifestyle | Involvement | Fun | Opportunitites



ISSUE V: JANUARY - MARCH 2021

# 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 V of the L.I.F.O newsletter! We hope everyone had a safe, relaxing, and memorable holiday season.

There is often much ambiguity behind the coming of a New Year. For many of us, January 1 and the coming of a New Year is the beginning of a new chapter. As T.S. Eliot quoted:

“For last year’s words belong to last year’s language. And next year’s words await another voice.  
And to make an end is to make a beginning.”

For the latter, the New Year is a clean slate shedding light on ambition, enthusiasm, and overall the celebration of life and opportunity.

The L.I.F.O. crew has decided to fully embody the “New Year, New Us” attitude and update our acronym. We are still committed to Lifestyle, Involvement, and Fun, however, we have decided to exchange the original Outings portion of the newsletter, and introduce the word Opportunity. As we embark into 2021, we all have opportunities to improve our own environments, and wellbeing. Even more so, we all have opportunities to improve the well-being of the people and communities around us.

Once again, Happy January, everyone! We look forward to working together to improve our communities and having a successful start to the New Year!

*L.I.F.O.*

# Lifestyle

## PODCAST APPRECIATION

HBR IdeaCast is a weekly podcast featuring the leading thinkers in business and management.

*Check it out here:*

<https://hbr.org/2018/01/podcast-ideacast>



## *Binge-worthy Shows*



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# Lifestyle



1 PICK UP A NEW HOBBY

2 LISTEN AND BE KIND TO SOMEONE EVERY DAY

3 BE MINDFUL EVERYDAY OF THE THINGS AS LITTLE OR AS BIG AS THEY MAY BE THAT I HAVE TO BE GRATEFUL FOR

4 BE INTENTIONALLY ENCOURAGING

5 PRACTICE SELF AFFIRMATIONS ON A REGULAR BASIS

6 BE CALMER

7 EAT HEALTHIER

8 DRINK MORE WATER

9 RUN 1,000 MILES

10 SEEK OUT OPPORTUNITIES TO GIVE BACK AND DONATE TIME TO THE COMMUNITIES AROUND ME

11 DRINK LESS CAFFEINE

12 READ A BOOK A MONTH

13 BE MORE POSITIVE

14 BE MORE CONSCIOUS OF UNNECESSARY MENTAL NOISE

15 ACTIVELY IMPROVE PUBLIC SPEAKING

16 SLEEP 8 HOURS PER NIGHT

# Lifestyle

## WFH Essentials

Working from home isn't going away this quarter, so why not revamp your home office with new items to enhance your WFH experience?

Click the images for recipes!



Yoga Ball Chair



Uplift Desk



Monitor Arms



Desk Peddler



Nespresso



Blue Light Glasses



Succulent Garden



Lavender Candle

# Lifestyle

## In a Pinch: 30 Minutes or Less

### Workouts

#### 30 Min workouts - HIIT

Exercise	Time	Total Remaining Time
<b>Warm up</b>		
		30
Grounding - lay on your back and take deep breaths	1	29
Bridges - 20 seconds lift and lower, 20 seconds up on your toes calf raises, 20 seconds micro pulse	1	28
<b>Abs</b>		
V Ups - 8 sets 20 seconds on 10 seconds rest	4	24
<b>Crazy 8s</b>		
1. Burpees		
2. Push ups		
3. Frog squats		
4. Mountain climbers		
5. Back lunges		
6. Shoulder Taps		
7. Little hops - Hands on mat hop or step feet to the left of the mat and then to the right of the mat		
8. Plank	18	6
8 rounds - each round drop an exercise - Ex. Round 1 do #1-#8, Round 2 do #1-#7, Round 3 #1- #6. Etc.		
20 seconds on 10 seconds rest		
<b>Active Recovery</b>		
Donkey kicks - 2 sets each leg 30 seconds each	2	4
Favorite stretch	3	1
Savasana	1	0

#### A 20-MINUTE FLOOR YOGA FLOW

TO EASE BACK PAIN AFTER HUNCHING OVER YOUR COMPUTER ALL DAY



#### 3 in 30 Treadmill Workout

1 min @ 6.5 mph  
 1 min @ 7.5 mph  
 1 min @ 4.0 mph

Repeat for 30 mins

# Lifestyle

*In a Pinch: 30 Minutes or Less*

## *Sheet Pan Meals*



*Chicken Caprese*



*Honey Mustard Salmon*



*Honey Lemon Chicken*



*Honey Garlic Shrimp*



*Herbed Potato and Carrots*



*Zucchini Pizza Boats*

*Click the images for recipes!*

# Lifestyle

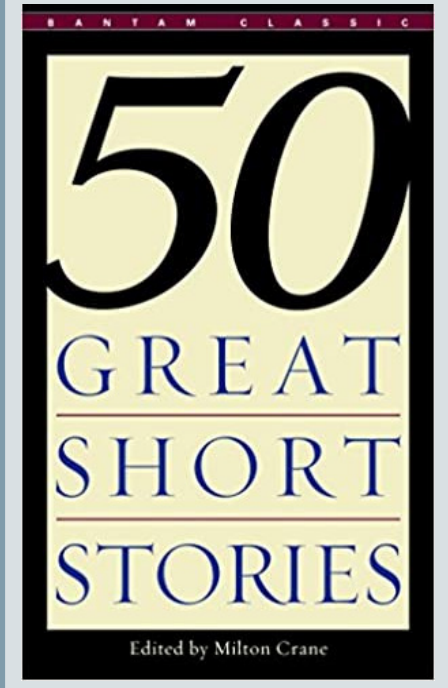
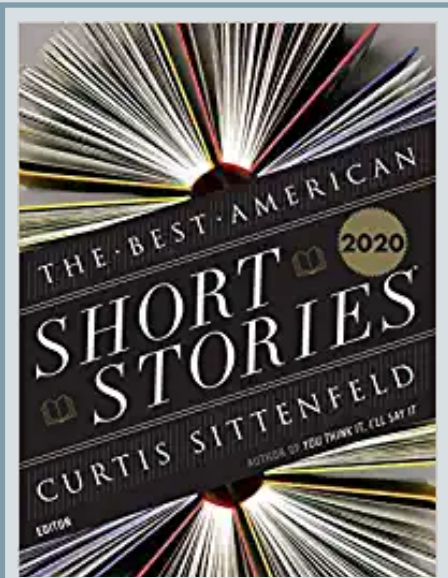
## In a Pinch: 30 Minutes or Less

### Activities

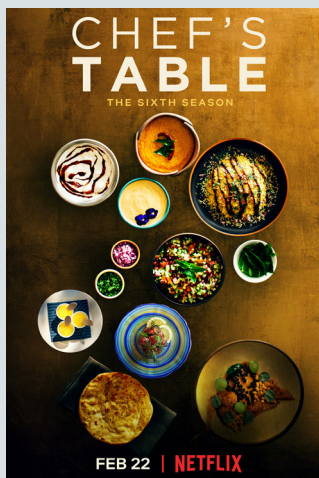
#### PODCASTS



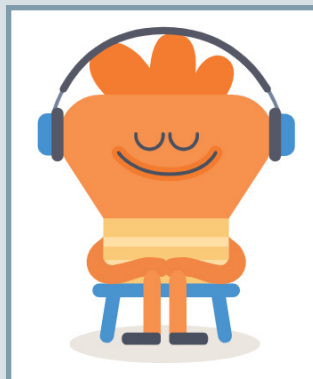
#### SHORT STORIES



#### MINDFUL TV SHOWS



#### GUIDED MEDITATION





# Involvement

## Upcoming Birthdays

### JANUARY

1/3 - Erin Kirkaldy  
1/4 - Rachel Beliveau  
1/8 - Brooke Munafo  
1/10 - Tom Attura  
1/14 - Dennis  
Giangregorio  
1/24 - Anthony  
Lorusso

### FEBRUARY

2/3 - Cassidy Manna  
2/16 - Helen Schussler  
2/18 - Ed Suleski

### MARCH

3/1 - Paul Ford  
3/4 - Norman Posner  
3/7 - Sandra Sullivan  
3/18 - Taylor Nettleship  
3/21 - Kristie DeLuca

### UPCOMING COURSES

1/7 - Annual Tax Update (Part I)

1/8 - Annual Tax Update (Part II)

1/19 - Sec. 1231, 1245 and 1250 Property CPE Course

1/20 - Partnership Basis & Reporting CPE Course

**REMINDER:** *If you need to reserve the conference call line or one of Samet's Zoom accounts, please email Jillian to avoid any scheduling conflicts.*

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# Involvement

## *Getting to Know the Samet Staff!*

JAKUB SUDOL

STAFF ASSOCIATE



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

I'm a big gamer, and I've recently built my own gaming computer which has been my current obsession and taking up any free time I have outside of the office. I play a lot of different games in all genres and categories, from board games to video games. My roommates and I have become Monopoly professionals and Mario Kart Wii experts since the start of working from home.

If you had to pin one game that everyone knows me for, it's my obsession with the game Old School Runescape. It's a MMORPG game, like World of Warcraft, it's a game I've been playing since 2007 that is bringing back a lot of nostalgia for me. It's a little cringy to say, but I have just about 3,000 hours of gameplay logged into one account.

### **Favorite movie? Show? Music genre?**

Saving Private Ryan is one of my favorite movies of all time, I could watch the movie any day of the week. I'm a huge SouthPark fan, it's the only show I will actually go out of my way to make sure I see the new episode when it is released. Dave Chappelle is one of my favorite comedians of all time, I enjoy a good stand-up comedy show, but it's tough to find anything good that doesn't get old fast. I don't have a specific favorite music genre, it all depends on what I'm in the mood for at the moment. My music library is all over the place and a shuffle playlist could go from Metallica to House Music to British rap called Grime.

### **What is your biggest pet peeve?**

I don't know if this is my biggest pet peeve, because there are worse things to be bothered by, but I prefer not to be called "Jake." It definitely started in college, up until that point in my life I was never called Jake, and I think it was just too late in my life to become one. Depending on who you ask, I have hundreds of different nicknames, some friends I don't think even knew my first name for the longest time, they would just call me by my last name, but Jake was never one of my names. I've just never been called Jake in my life so if you call me Jake, I may not respond. It's not because I didn't hear it, I'm just not used to being referred to and responding to Jake.

### **What was your dream job as a child?**

As a kid I always wanted to be a cook, part of it had to be that my favorite show used to be Gordon Ramsey's Hell's Kitchen. I used to wake up before my older brother and sister and make them breakfast before school, but that didn't last long. I still enjoy cooking for others and experimenting with my cooking trying to...spice things up. I rarely go into a meal following a written recipe, I just do everything from past experience and what I have available to me in the cabinet.

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# Involvement

## *Getting to Know the Samet Staff!*

HANNAH RILEY

SENIOR ASSOCIATE



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

I knew I wanted a smaller firm that gave me the opportunity to try all areas of the accounting profession since I had no idea if I would like audit, tax, a mix of both, etc. I wanted to be in MA close to Boston, since I grew up in CT and there is not much to do there. I also wanted a firm with a culture I felt I could fit into easily. My favorite things about Samet are the room for growth in the firm and the opportunities I've gotten regarding career growth, training, etc.

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

Outside of the office, I like to spend time with my family and friends. I like to do workouts and yoga, and I joined a tennis league for the winter so it has been nice to play 1-2 times per week. It is difficult playing with a mask on, though! I also like to draw in my free time, but this is definitely something that takes a back seat. I was best at my art my senior year in college when I drew my favorite piece, a life-sized drawing of my sister praying (for our art final).

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

Once, I saved a little girl from drowning. I was about 13 and she was 3 or 4. I saw her fall through a "doughnut tube" and she was unable to get herself above the water. So, I went in the water and pulled her out!

### **What was your dream job as a child?**

As a young child, I wanted to be a professional tennis player. Once I learned that I wasn't nearly good enough to fit the bill, I actually wanted to be an architect! I wanted something to do with both art and business, but then I took a few accounting classes in high school and felt as though it was the right career choice for me.

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# Involvement

## *Getting to Know the Samet Staff!*

**JOSH LEVINE**

MANAGER



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

During my internship at Samet in the Summer of 2011, I really enjoyed the culture at the firm. The variety of work that I was asked to help with was also a key aspect that attracted me to Samet.

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

There are many characteristics that I have picked up from mentors at the firm over the years, but I think one of the most vital traits that I've learned is how important it is to have a positive attitude. Not only is a positive attitude necessary when collaborating with your colleagues, it's also vital when working with clients and referral sources.

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

Outside of the office, I enjoy working out. During these times, while I'm not yet going back to the gym, I've been running outside and biking more often. I have found running to be a great stress reliever.

On the opposite end of the health spectrum, I am a fan of craft beer, and am always interested in trying new offerings from local breweries.

**What is your favorite or ideal vacation spot? Why?**

I enjoy exploring new cities for great eats and local craft beers. My ideal vacation spot is a city that allows me to be adventurous and get "lost" in various neighborhoods searching for local cuisine.

**What was your dream job as a child?**

My dream job as a child was to be a statistician. I was infatuated with sports statistics while growing up. The child inside me loves to play fantasy sports, which may explain why I participate in 5 fantasy football leagues!

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# Involvement

## Welcome New Hires!

### Player Profile

#### Christian Andrews

**Where are you living?**

I'm currently living in Pembroke, MA. Right next to Plymouth and about 20 minutes north of Cape Cod.

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

I'm an absolutely terrible cook, however I once randomly looked up "vegan buffalo chicken" on google and it came out really good. I'm not sure if it was actually good or if I was just surprised I was able to make it.

**What is your favorite sports team?**

Bruins, Celtics and Broncos. I'm not a patriots fan, sorry everyone.

**Do you have any hidden talents?**

Unfortunately not, perhaps I will one day however.

**Do you have any hobbies?**

My hobbies are pretty seasonal but the main ones are snowboarding, golf, powerlifting and building street cars.

#### Brett Jennings

**Where are you living?**

East Boston

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

Buffalo chicken dip

**What is your favorite sports team?**

The New York Giants

**Do you have any hidden talents?**

I am very good at memorizing movie quotes

**Do you have any hobbies?**

I like to go snowboarding and play golf

#### Daniel McKillop

**Where are you living?**

I'm currently living with my parents in Middletown, Rhode Island! I'll be looking into getting an apartment in Boston once the public health situation improves.

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

I can make a decent curry.

**What is your favorite sports team?**

My favorite team is Manchester United. A minor religion in my family.

**Do you have any hidden talents?**

I'm a very good writer. I always had a talent for short stories. I'm also a force of nature at ping pong.

**Do you have any hobbies?**

Reading, writing, playing and watching soccer.

#### Kelly O'Connor

**Where are you living?**

I am currently living in Hull, MA, a couple of minutes down from the beach.

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

My favorite dish to make is sausage, pepper, and onion on a grinder roll.

**What is your favorite sports team?**

I do not follow sports, but I stay true to Boston sports teams.

**Do you have any hidden talents?**

I am adventurous: When presented an opportunity I almost always take it; whether it be going skydiving or taking last minute trips.

**Do you have any hobbies?**

My hobbies include being a huge fan of Survivor, education, hiking, art, and learning new recipes.

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# Fun

## 21

## FUN FACTS TO KICK OFF 2021!

1. Some fungi create zombies, then control their minds.
2. Blue whales eat half a million calories in one mouthful.
3. The word “strengths” is the longest word in the English language with only one vowel.
4. Despite physical length, there are more bones in the neck of a sloth than a giraffe. There are seven vertebrae in the neck of giraffes, and in most mammals, but there are ten in a sloth.
5. Each year 16 million thunderstorms happen around the world, and at any given moment, there are about 2,000 thunderstorms in progress.
6. Think of how versatile a stick is. You can use it to play fetch with your dog, swing it as a bat, or use your imagination to turn it into a lightsaber. Its adaptability, along with how old sticks are, is among the reasons why the National Toy Hall of Fame inducted the stick into its collection as possibly the oldest toy ever.
7. The Olympic world record for the longest human long jump is greater than the world record for longest horse long jump. Mike Powell set the record in 1991 by jumping 8.95 meters, and the horse Extra Dry set the record in 1900 by jumping 6.10 meters.
8. A mash-up of two words to make a new word (such as breakfast and lunch into brunch, or motel from motor and hotel) is called a portmanteau. In case you’re wondering, the word “portmanteau” itself is not a portmanteau; it’s a compound word that refers to a dual-sided suitcase.
9. Our modern interpretation of Santa Claus with a red outfit and white beard is due in large part to holiday Coca-Cola ads that began in 1931.
10. The biggest pizza ever created was 13,580 square feet, made in Rome, Italy, in 2012. The pizza was gluten-free and named “Ottavia” after a roman emperor.
11. Alaska has more caribou than people.
12. The most common wild bird in the world isn’t the sparrow or blue jay—it’s the red-billed quelea, which live in Africa and have an estimated population of 1.5 billion.
13. No number before 1,000 contains the letter A.
14. Lincoln Logs were created by John Lloyd Wright, son of famous architect Frank Lloyd Wright, in the 1920s. They were named after Abraham Lincoln, who grew up in a log cabin.
15. The temperature of tennis balls affects how the ball bounces. At warmer temperatures, the gas molecules inside the ball expand making the ball bounce higher. A tennis ball at lower temperatures causes the molecules to shrink and the ball bounces lower. To make sure the best tennis balls are used, Wimbledon goes through over 50,000 tennis balls.
16. What’s inside a Kit Kat? Broken Kit Kats that are damaged during production—they get ground up and go between the wafers inside, along with cocoa and sugar. That’s a way to not let anything go to waste!
17. It takes 570 gallons to paint the exterior of the White House.
18. Play-Doh started out as a wallpaper cleaner before the head of the struggling company realized the non-toxic material made a good modeling clay for children and rebranded it.
19. You can still stay at the world’s oldest hotel, Nisiyama Onsen Keiunkan in Japan, which was founded in 705 AD.
20. A quarter of the bones in your body are in your feet.
21. In 1923, a jockey suffered a fatal heart attack but his horse finished and won the race, making him the first and only jockey to win a race after death.

# Opportunities

## Virtual Volunteer Opportunities

*Click the images for more information!*

Starting this quarter, we will be including virtual volunteer opportunities in each issue of LIFO in response to Libby's Samet360 idea, "Samet Gives Back."

If you are interested in participating, please email Libby ([libbyg@sametcpa.com](mailto:libbyg@sametcpa.com)) or Jillian ([jillianl@sametcpa.com](mailto:jillianl@sametcpa.com)) for more information.



### Building Impact

VIRTUALLY CREATE KITS TO FILL  
HIGH COMMUNITY NEEDS



## Clothes with a Cause: WFH Edition



**BOMBA SOCKS**  
One pair of socks  
purchased = one pair of  
socks donated



**ROTHY'S**  
Sustainable, planet-friendly  
materials



**LOVE YOUR MELON**  
50% of proceeds support  
children battling cancer



**TOMS**  
For every \$3 they make,  
they give \$1 away