



# L I F O

Lifestyle | Involvement | Fun | Opportunitites



ISSUE VI: APRIL - JUNE 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,

Welcome to Issue VI of the L.I.F.O. Newsletter! As we continue on with 2021, we hope that you and your families are staying well and healthy.

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 want to thank you all for your time in reading our newsletter!

We are looking forward to the summer months!

*L.I.F.O.*

# Lifestyle

## PODCAST APPRECIATION



**TED** THAT HAVE **US**  
**TALKS** THAT TALKING

- 1 THE COUNTERINTUITIVE WAY TO BE MORE PERSUASIVE | NIRO SIVANATHAN
- 2 HOW VULNERABILITY MAKES YOU A BETTER LEADER | TRACY YOUNG

# Lifestyle

## Articles

CLICK THE ARTICLE TITLES TO READ MORE ABOUT WEARABLE TECHNOLOGY!



1 PROS AND CONS OF WEARABLE TECHNOLOGY

2 THE 10 BEST FITNESS TRACKERS IN 2021 FOR EVERY LIFESTYLE AND WORKOUT

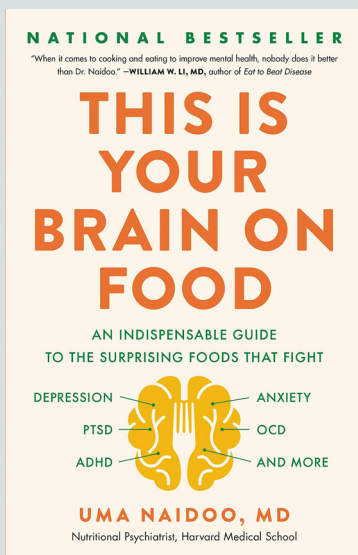
## Samet Spins



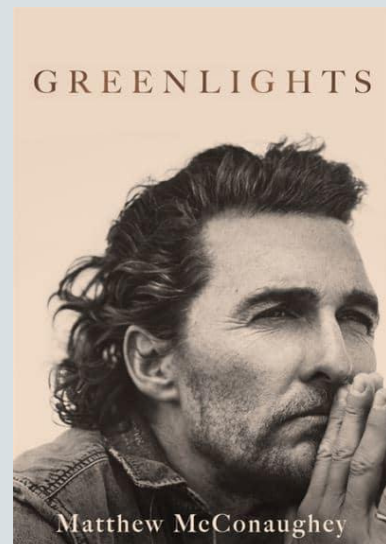
*If you have a Peloton and are interested in doing a virtual Samet spin class, send us your Peloton usernames and we can plan a date!*

## The Book Nook

•• THIS IS YOUR BRAIN ON FOOD ••  
*Uma Naidoo, MD*



•• GREEN LIGHTS ••  
*Matthew McConaughey*



# Lifestyle

*Toast to Tax Season!*

After another extended tax season, it's time to toast to the May 17th deadline right around the corner! Check out more toast recipes here: <https://bit.ly/32Td9BY>



*Berries & Basil  
& Cream Cheese*



*Avocado & Feta  
& Pomegranate*



*Banana & Almond  
Butter & Chia Seeds*



*Pineapple & Cottage  
Cheese & Cashews*



*Celery & Raisins &  
Peanut Butter*



*Kale & Egg Omelet &  
Cheddar Cheese*

FOR OTHER TASTY,  
PICTURE-PERFECT TOAST  
OPTIONS, CHECK OUT  
MAEVES\_MUNCHIES  
ON INSTAGRAM!



# Lifestyle

## Toast to Tax Season!



Aaaand once you're finished with your fancy toast, you can make another toast to tax season with one of these cocktails! Click on the titles for the links.



Citrus Champagne Punch



Pineapple Ginger Mojito



Kentucky Derby Mint Julep



Frozen Peach Margarita



Piña Colada Daiquiri



Blueberry Lemon Mule

# Involvement

## Upcoming Birthdays

### APRIL

- 4/5 - Danny Waung
- 4/9 - Jakub Sudol
- 4/26 - Hannah Riley
- 4/28 - Irene Patak
- 4/30 - Randy Smith

### MAY

- 5/2 - Jillian Lawless
- 5/13 - Shawn Huxley
- 5/18 - Patty Smith
- 5/19 - Randy Rogers

### JUNE

- 6/2 - Jay Kessler
- 6/28 - Steve Fanger

## CHECK US OUT!

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



Are you following us on social media?

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# Involvement

## *Getting to Know the Samet Staff!*

RACHEL BELIVEAU

STAFF ASSOCIATE



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

My favorite movie is Just Go With it and favorite music genre is country. I can't wait to be able to go to country concerts during the summer again.

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

My family just got a new puppy and his name is Chuck. He's a Jack Russell terrier and doodle mix!

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

Anywhere on the beach when it's warm!

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

I wanted to be an editor of a magazine when I was growing up. Somehow I ended up doing something completely opposite!



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# Involvement

## *Getting to Know the Samet Staff!*

### ANTHONY LORUSSO

SENIOR ASSOCIATE



#### **What attracted you to public accounting and what is your favorite aspect of the company?**

The main reason I was attracted to public accounting is the diversity of the workload, as well as the social aspect. When people think of accounting, they think of crunching numbers behind a desk all day, when in reality, public accounting is anything but that. I like being able to work on so many different jobs, communicate, and build relationships with so many different clients. My favorite aspects of the firm are the size and the people. I think Samet is the perfect firm size and gives you the opportunity to truly work with everybody, which enables our firm to have that close-knit team feel.

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

My favorite thing to do outside of the office is play music. I have been playing piano since I was around 12 years old and have stuck

with it ever since. In 2017, I started playing in a cover band and it has been such a great opportunity. To be able to come together as a band and share our musical talents with the world is one of the most rewarding experiences that I've ever been a part of. Last summer, I also started taking up golf. Now that the weather is getting nicer, I'm looking forward to getting back out there and playing.

#### **Favorite music genre?**

My favorite music genre is classic rock. Some of my favorite artists include Journey, Foreigner, Billy Joel, Elton John, and Guns N' Roses.

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

I am the oldest of four in my family and all of my brother's names start with the letter "A" (Anthony, Alex, Aaron, and Aidan).

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

My favorite vacation spot is without a doubt Disney World. I went for the first time when I was 10 and have been 4 times since then. In addition to my parents and my 3 brothers, I normally go with a group of about 20 people including most of my cousins, aunts, uncles, and grandmother.

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# Involvement

## *Getting to Know the Samet Staff!*

**BOB STOREY**

MANAGER



**What attracted you to Samet and what is your favorite aspect of the company?**

It came easy to me. I'm hoping for a free exchange of ideas.

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

It will be OK!

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

Baseball, Oysters, and Beaches – it's all in the name.

**Favorite book? Movie? Podcast?**

The Overstory by Richard Powers. Big Lebowski. Radiolab.

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

Avid Watercolorist and seeker of beauty.

**What is your biggest pet peeve?**

Non-recyclers!

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

Deep in the majestic Redwoods. I'm all about the green.

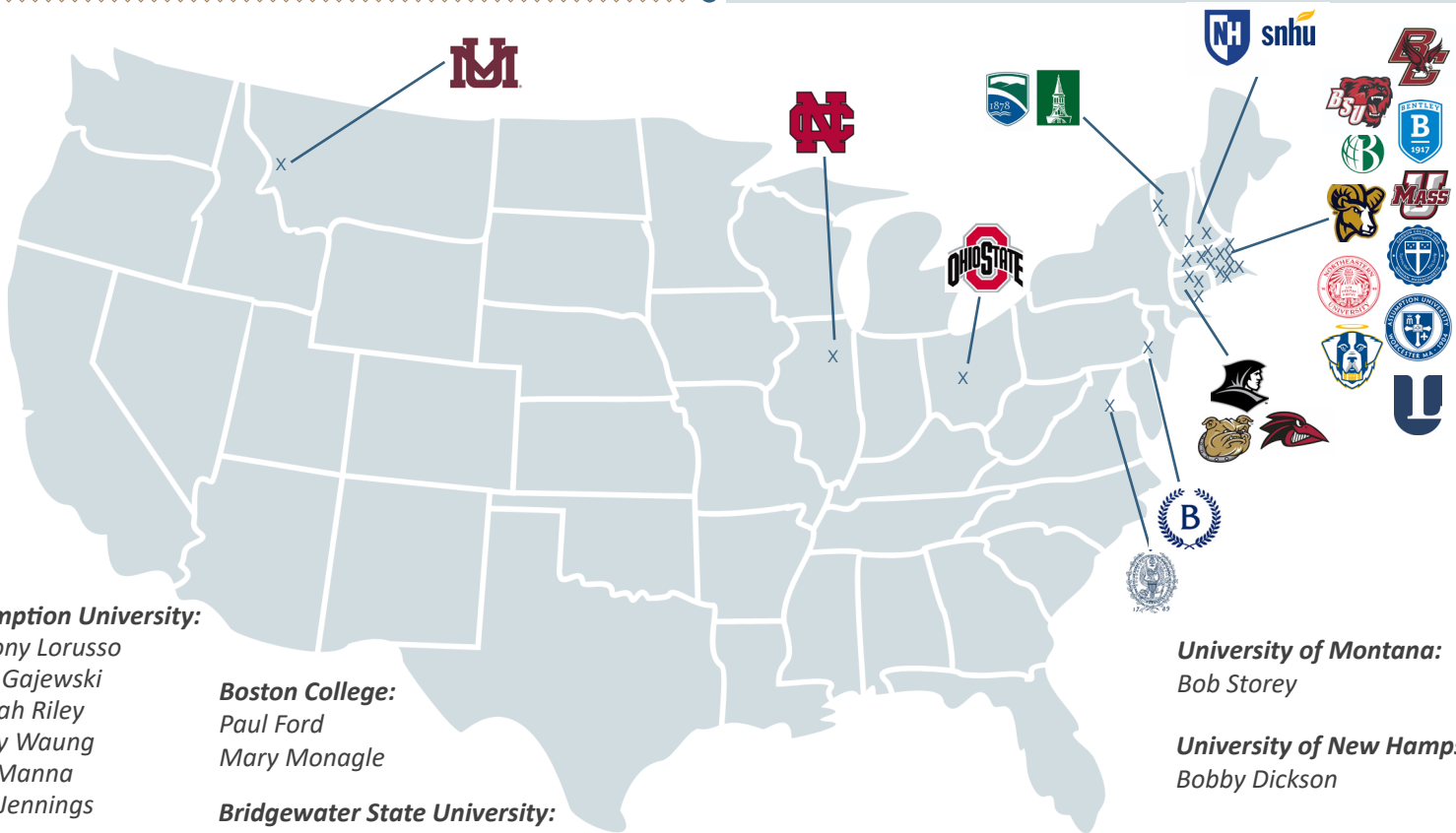
**What was your dream job as a child?**

Architect

# Involvement

Check out where we came from!

## Samet Alma Mater



**Assumption University:**

Anthony Lorusso  
 Libby Gajewski  
 Hannah Riley  
 Danny Waung  
 Cass Manna  
 Brett Jennings

**Boston College:**

Paul Ford  
 Mary Monagle

**Bridgewater State University:**

Mike Nocella

**Bryant University:**

Tom Attura

**Champlain College:**

Chris Andrews

**Emmanuel College:**

Rachel Beliveau  
 Stefani Franklin

**Franklin Pierce University:**

Margot Sloan

**Georgetown University:**

Paul Flanagan

**Gordon College:**

Erin Kirkaldy

**Lasell University:**

Kelly O'Connor

**North Central College:**

Kristie DeLuca

**Northeastern University:**

Norman Posner  
 Shawn Huxley  
 Taylor Nettleship  
 Olga Boric  
 Teddy Hurst

**Ohio State University:**

Josh Levine

**Providence College:**

Jillian Lawless

**Salve Regina University:**

Dan McKillop

**Southern New Hampshire University:**

Dennis Giangregorio  
 Marina Sapashnik

**Suffolk University:**

David Marcus  
 Kat Cormier

**UMass Amherst:**

Jay Kessler  
 Randy Rogers  
 Hayley Payne

**University of Montana:**

Bob Storey

**University of New Hampshire:**

Bobby Dickson

**University of Vermont:**

Rise Fanger

**Babson College:**

John Czyzewski  
 George Malloy  
 Ed Suleski  
 Cynthia Casey

**Barnard College:**

Helen Schussler

**Bentley University:**

Randy Smith  
 Allison Gaines  
 Jim Alexander  
 Tom Vlacich  
 Traci Grady  
 Brooke Munafo  
 Terri Turpin

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# Fun

*Here's what we've been up to this Spring!*



*Kristie got vaccinated!*



*Taylor got a puppy, Rory!*



*Brett has been sharpening his golf skills!*



*Jillian became a dog aunt to Ollie the Shorkie!*



*Danny has been enjoying his morning trail runs!*

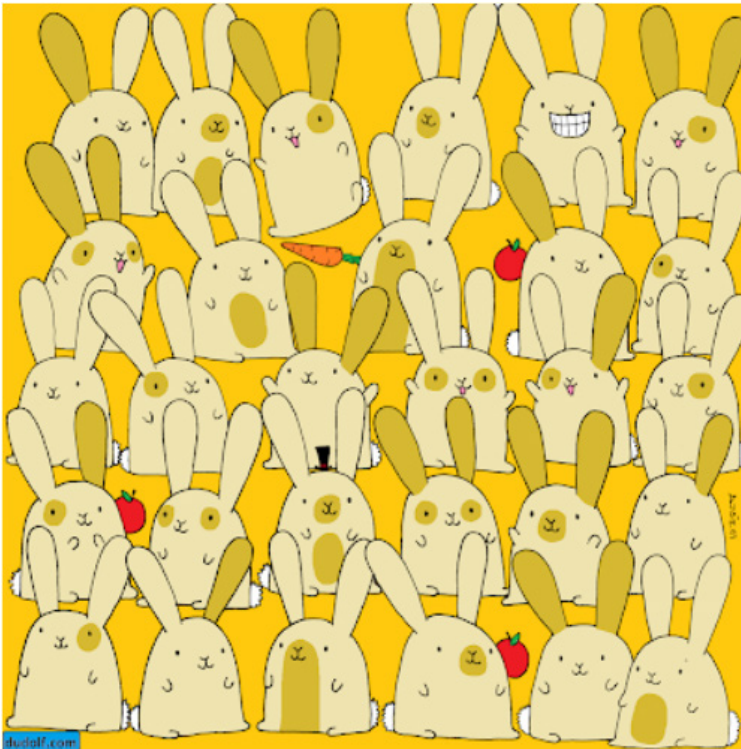


*Cass has been going on hikes!*

# Fun

## Brain Teasers

Which bunny has a unique pattern with ears and spots that don't match another bunny's?



[Click here for the answer!](#)

How can a man who shaves several times a day still sport a long beard?

A man describes his daughters, saying, "They are all blonde, but two; all brunette but two; and all redheaded but two." How many daughters does he have?

You're escaping a maze, and there are three doors in front of you. The door on the left leads to a pit of lava. The door in the center leads to a room filled with deadly gas. The door on the right leads to a lion that hasn't eaten in three months. Which door do you choose?

[Click here for the answers!](#)

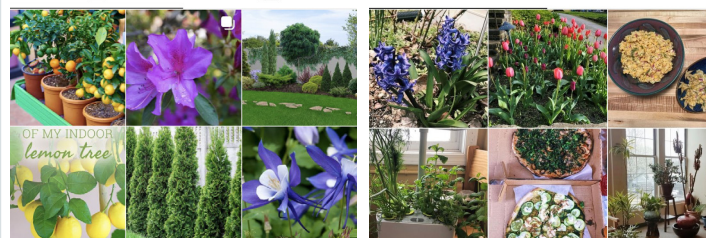
Check out [@gardeningknowhow](#) and [@gardenharvestexchange\\_](#) on Instagram for gardening tips and ideas!

Two Instagram profile cards. The first is for 'gardeningknowhow' with 6,355 posts, 131K followers, and 198 following. The second is for 'gardenharvestexchange\_' with 34 posts, 87 followers, and 66 following. Both profiles include a bio, a link to their website, and buttons for 'Follow', 'Message', and 'Contact'.

## Start a Garden!

### AeroGarden

The AeroGarden utilizes a system of hydroponics to grow plants without the influence of soil. Hydroponics is an area of hydroculture; and it is the process by which plants are grown without soil, by feeding them with mineral nutrients dissolved in a solvent that is usually water.



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# Opportunities



## Spring Cleaning



DURING YOUR SPRING CLEANOUT, CONSIDER DONATING OLD CLOTHES, SHOES, AND HOUSEHOLD ITEMS TO LOCAL ORGANIZATIONS! HERE ARE A FEW PLACES THAT ARE ALWAYS TAKING DONATIONS:

American Red Cross  
Goodwill  
Rosie's Place  
Vietnam Veterans of America



## Volunteer Opportunities



[Click here for a full calendar of upcoming volunteer opportunities in Boston!](#)