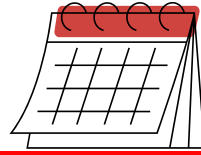


Newsletter



August 2026

By Allie Pennington

August has a way of asking a lot of people all at once.

The backpacks come back out. Morning routines return. Calendars start filling up again. And here in Texas, the triple digit heat reminds us that summer is not quite ready to let go. School schedules shift, traffic doubles overnight, the to do list gets longer, and the clinic picks up right along with all of it. If the first week of the month feels like a lot, that is because it is. Give yourself some grace in that.

Transitions take adjustment. New routines take time to find their rhythm. There is nothing wrong with acknowledging that August asks more of you before it starts giving anything back. What we know about this team is that you show up anyway. You have been doing it all year through full schedules, long days, and everything in between. August is no different. The only difference is that now you know something you did not know in January. You have already proven you can handle it. So, take care of yourself as the pace picks up. Give yourself room to adjust. Trust the routines you have built, the experience you have gained, and the team beside you.

Let's go get it.

Healthy Living: When Summer Finally Catches Up to You

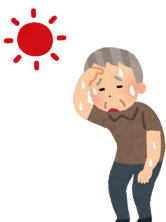
Back in June, we talked about what Texas heat does to your body in a single day. August is a different conversation.



By now, your body has been managing triple digit temperatures for weeks. Even if you have been mostly careful, mostly hydrated, and mostly getting enough sleep, that word mostly adds up. Heat fatigue is rarely caused by one bad afternoon. It is usually the result of weeks of running just a little behind on what your body actually needed.

The tricky part is that it does not always announce itself loudly. It shows up as feeling more tired than the day justifies. Headaches that seem to come from nowhere. Trouble focusing when you know you should be fine. Irritability that catches you off guard. Taking longer to recover after a shift that was not even that bad.

That is not weakness. It is a body that has been working hard in difficult conditions for a long time and is starting to show it.



Here is what actually helps. Drink water before you feel thirsty because thirst is already a late sign. Eat foods that help replace fluids. Watermelon, cucumbers, berries, and oranges are all doing double duty right now. If you have been sweating through your days, electrolytes matter more than most people realize. And when you get a chance to cool down, actually take it. Ten minutes in the air conditioning before jumping into the next thing is not laziness. It is maintenance.



August is not the time to push through everything. It is the time to be a little smarter about how you take care of yourself so you can keep showing up the way this team always does.

Wellness Spotlight: Sleep Is Not a Luxury in August

Most people know they should be getting more sleep. August makes it harder than usual.

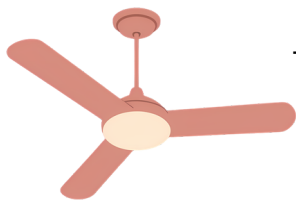
The heat does not stop when the sun goes down. Texas nights in August stay warm, sometimes hot, and a body that cannot cool down cannot fully rest. Even if you fall asleep without much trouble, the quality of that sleep is different when your bedroom feels like it never quite recovered from the afternoon.

Then add the schedule changes. Back to school means earlier alarms, different routines, and a morning that asks more of you before you have had a chance to wake up. If you have kids at home, the shift is obvious. But even if you do not, the whole community changes pace in August, and your body feels it whether you expect it to or not.



Here is what makes August sleep harder than most months. Your body is already running a deficit from weeks of heat stress. It needs more recovery than usual right now, not less. So, when sleep gets disrupted on top of everything else, the gap between how you feel and how you need to feel starts to widen.

A few things that actually help. Keep your bedroom as cool as you can manage. Even a small drop in temperature can make a real difference in sleep quality. Try to protect your bedtime even when the schedule shifts. Consistency matters more than most people realize. Limit screens close to bedtime. The light signals your brain to stay awake when it needs to be winding down. And if you wake up and still feel exhausted, that is your body telling you something worth listening to.



The work will still be there tomorrow. Make sure you are, too.

Financial Wellness: Watch Out for Back to School Spending Creep



Back to school is expensive.

Most people know that. What catches people off guard is not usually one big purchase. It is all the little ones that follow.

A backpack here. School supplies there. New shoes because last year's no longer fit. A class shirt. Lunch money. Sports fees. An extra drive through run because everyone is still adjusting to the new routine. None of those feel like much on their own.



Together, they can quietly take over a month's budget.



That is spending creep. Small, reasonable purchases that slowly become a much bigger number than you ever planned for. Before you tap your card or click buy now, ask yourself one question. Was this already part of the plan, or is this an August expense pretending to be an emergency?

Sometimes the answer is that you truly need it. Other times, it can wait until next paycheck or become something less expensive. If you have been building your emergency fund this year, do not let routine August spending become the reason you dip into it.



School supplies are expected.
A flat tire is an emergency.

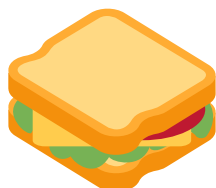


Those are not the same thing. A budget is not about saying no to everything. It is about deciding where your money goes before it decides for you.

Nutrition Corner: Pack the Pieces, Save the Morning

August is the month when lunch has to work harder than usual.

Schedules are tighter, mornings are earlier, and the last thing anyone needs is to figure out lunch at seven in the morning when everything else is already happening at once.



The fix is simpler than most people make it.

Do not pack the finished thing. Pack the pieces.

My husband figured this out on his own, and it is honestly one of the smarter lunch systems I have seen. On Monday morning, he takes a pack of lunch meat, a package of sliced cheese, a loaf of bread,

and a small container of mayo to the office. It all goes in the break room fridge. Every day, he makes a sandwich or two fresh when he is ready to eat.

Nothing gets soggy. Nothing goes to waste. And he is not spending ten dollars a day on lunch during one of the more expensive months of the year. The same idea works for kids, but the system looks a little different because a school cafeteria does not have a fridge for kids to store the items. That is where Sunday prep comes in. On afternoon cut everything at once. Lunch meat, cheese, crackers, fruit, whatever your kids will actually eat. Bag it all separately and stack it in the fridge. (This is also how I do salad prep on my salad weeks for myself as well) Every morning, you pull from the stash, add a cold pack, and you are done. Homemade lunchables without the price tag or the ingredient list that reads like a chemistry exam. Both versions come from the same idea.



When the pieces are ready, lunch takes care of itself. And in August, that is exactly what you need.

Employee Spotlight

The Farmers Branch office did not open itself. Behind it is a doctor who traded a microscope for a scalpel and never looked back. This month we are introducing you to our third owner, Dr. Aryn Lakhani.

He is precise, driven, and the kind of provider who thinks about the whole picture, not just the appointment. If you have worked alongside him you already know that. If you have not, you are about to.

This month, we thought you might enjoy getting to know the doctor behind the white coat.



You went from microbiology to podiatry. What pulled you in that direction?

As much as I loved staring at the fascinating world of bacteria through a microscope, I realized I didn't want my entire career spent behind a lab bench. I wanted to see science working in real-time, on real people. Podiatry gave me the best of both worlds: bridging my passion for medical science with hands-on patient care that keeps people on their feet.

What drew me to podiatry is its rare trifecta: blending infectious disease management, biomechanics, and surgery to deliver significant, life-changing relief. There's nothing quite like helping a patient walk out of the clinic feeling instantly better than when they walked in.



What do you do when the white coat comes off? What does life outside the clinic look like for you?

When the white coat comes off, I'm all about family, movement, and constant growth. You'll usually find me exploring new destinations, hunting down incredible cuisines, or staying active to practice what I preach.

What do you want this practice to look like ten years from now?

My 10-year vision is to make our practice the premier destination for comprehensive foot and ankle wellness in the region. By pioneering the forefront of podiatric technology from minimal-incision surgeries to advanced regenerative therapies we're optimizing recovery times while keeping warm, personalized care at the heart of everything we do.

Learning Corner: The Reputation You Build Every Day

Most people think reputation is built in big moments.

The difficult conversation. The major decision. The time someone goes above and beyond in a way everyone notices. But most reputations are not built in those moments.



They are built in the ordinary ones.

The way you answer the phone when the day is already busy. The way you speak to a frustrated patient. The way you help a coworker who is trying to catch up. The way you handle the small things when nobody is watching.

Those moments tell people what they can expect from you.

In healthcare, reputation matters because trust matters. Patients may not remember every detail of their appointment, but they remember how they were treated. Coworkers may not remember every task you completed, but they remember whether they could count on you. The busiest days are often when our reputation is being built the most.



Not because we are perfect. Nobody is.

It is because people notice consistency. They notice kindness. They notice when someone chooses to do the right thing even when the day is long and the schedule is full. Every day gives us another opportunity to decide what we want people to say about us when we are not in the room.

Your reputation is not something you create once. It is something you build one interaction at a time.

A Note from the Owners and CarenetMSO

August is not an easy month. It never is.

But easy has never been what defines this team. What defines this team is showing up anyway, doing the work well, and taking care of each other along the way. The pace is picking up. The schedules are full. But you are ready for it because you have been building toward it all year. Carry that confidence with you on the long days and the hard ones. What you do here matters, and so do the people you do it alongside. Thank you for everything you bring to this team, to our patients, and to each other.

We are proud to be in your corner.

With appreciation,
Podiatry Associates of Texas Ownership and CareNet MSO

