

Newsletter



June 2026

By Allie Pennington

June snuck up on all of us. Halfway through the year already, and this team hasn't missed a step. The rain has been keeping things interesting, the days are getting longer, and somehow you are still showing up every single day ready to do the work. That does not go unnoticed. Thank you.

Healthy Living Focus: What the Texas Heat Actually Does to Your Body

Most people think about heat as uncomfortable. What it actually is, is a physiological stressor. When your body temperature rises, your heart works harder to pump blood to your skin so you can sweat and cool down. That process pulls resources away from everywhere else. Your brain, your muscles, your digestion. That is why heat does not just make you hot. It makes you tired, foggy, irritable, and slow before you ever feel like something is wrong.



The tricky part about Texas summers is that the heat builds. June is the warm up. By the time July and August arrive, your body has already been working overtime for weeks and you may not even realize it.

Here is how to stay ahead of it before it catches you:

- Start drinking more water now, not when you feel thirsty. Thirst is a late sign. By the time you feel it, you are already mildly dehydrated.
- Pay attention to your urine color. Pale yellow means you are hydrated. Dark yellow means you are behind. Simple and honest.
- Eat lighter during the day when it is hot. Heavy meals make your body work harder to digest, which generates more internal heat.

Drink more Water



- Limit alcohol and sugary drinks on hot days. Both dehydrate faster than most people realize.
- If you are outside, morning and evening are your windows. Midday Texas sun is not the time.

Know the warning signs of heat exhaustion: heavy sweating, cold or pale skin, fast weak pulse, nausea, and dizziness. That is your body asking for help. Get inside, drink water, and cool down. Heat exhaustion that goes ignored becomes heat stroke, which is a medical emergency.

The heat is coming. Getting ahead of it now is a whole lot easier than catching up later.

Wellness Spotlight: Mid-Year Check In

Six months in is a natural place to stop and ask yourself an honest question. Not how is work going. Not am I keeping up. But how are you actually doing right now. Your energy, your sleep, your patience, the stuff that does not show up on a schedule.

Nobody really talks about June as a reset moment. That is what January is for. But there is something about hitting the halfway point of a year that deserves more than just a passing thought. You have been going since January. Maybe longer. And the question worth asking right now is not whether you have been productive or consistent or keeping up. It is simpler than that. How are you actually doing?

Not work you, You, you.

Because those two things are not always the same answer, and it is worth knowing the difference.



Three honest questions worth sitting with:

- What is going well that you have not actually let yourself feel good about yet?
- What have you been pushing past that probably needs some attention?
- What would the second half of this year look like if you were a little more honest with yourself about what you need?

No audience for those answers. Just you.

Living Well on Purpose, Not Just on Payday: The Subscription Audit

You built a budget. You know your non-negotiables. You have been paying attention to where your money goes. Good. Now do this one thing.

Open your bank account or credit card statement and scroll back thirty days. Not to look at what you spent intentionally. Look for what left without you thinking about it.

Subscriptions are designed to be forgotten. That is not an accident. A \$9.99 charge does not feel like anything on its own. But \$9.99 here and \$14.99 there and \$6.99 for something you signed up for eighteen months ago and never use adds up to real money leaving your account every single month while you sleep.

This is the audit. It takes about fifteen minutes, and most people are surprised by what they find. Go through every recurring charge and ask yourself three things:

Do I actually use this?

Would I miss it if it was gone?

Did I even remember I was paying for it?

If the answer to any of those is no, that is your answer.



Cancel what you do not use. **Downgrade** what you are overpaying for. And take note of anything that requires a phone call to cancel, because those are the ones that count on you never making the call.

This is not about cutting everything out. It is about making sure the money leaving your account is actually working for you. Thirty days from now, that difference shows up in **your** bank account instead of someone else's.

Nutrition Corner: Street Corn Brisket Skillet

June means summer is close and summer in my head means food trucks. My favorite food truck food is street corn. That is where this started...

I wanted to bring that into a weeknight dinner, but I do not cook outside anymore, no grilling, no smoking, stovetop only. I also wanted to keep it out of the oven to avoid adding heat to the kitchen in June. My husband has to watch his salt so that was a factor too. And I wanted it to be easy, budget friendly, and something I could pull off without buying anything special. Just what I already keep on hand.

Round one was good. Family ate all of it and said it was fine, which I knew meant it was not quite there yet. The protein was off. So round two I stopped at a local smokehouse and picked up chopped brisket. That was the difference. You cannot fake that smokiness indoors and I stopped trying to.

Both my husband and son loved round two. Husband had his on a tortilla with salsa. My son mixed everything together with chips, an extra squeeze of lime, and more cotija on top. I had mine with the brisket over the corn and the salad on the side. Three different plates, all of it worked.

A street corn seasoning packet works perfectly here if you have one or want the easier option. This is just what I made with what I already had.

Ingredients:

- 2 bags frozen corn
- 1 lb chopped brisket from your local smokehouse
- 1 tablespoon extra virgin olive oil
- 1 tablespoon unsalted butter
- 2 teaspoons DASH table seasoning (salt free)
- 2 teaspoons cayenne pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon smoked paprika
- 1 teaspoon red pepper flakes
- 1 whole lime, squeezed, plus extra for serving
- 2 tablespoons cotija cheese, plus extra for serving

For the side salad:

- A couple of handfuls of shredded iceberg lettuce (I used the pre-shredded bag, no shame in the easy option)
- 2 carrots, shredded
- 2 mini cucumbers, sliced into thin sticks

For serving however you want:

Tortillas, salsa, chips, extra lime, extra cotija

Instructions:

Heat olive oil and butter in a large skillet over high heat. Add frozen corn and stir frequently, cooking for about 15 minutes until you start to get some color and char on the corn. That char matters, do not skip it.

Add all seasonings, including the smoked paprika, while stirring. Keep the heat up. Squeeze the whole lime over the corn and continue cooking for another 5 minutes. Remove from heat and stir in the cotija cheese.

While the corn is cooking, shred your carrots and cucumbers, and grab a couple handfuls of the pre-shredded lettuce and set aside.

Warm your brisket separately if needed.

Set everything out and let people build their own plate. That is half the fun.

A note on the protein:

Chopped brisket from a good local smokehouse is what made this land. You cannot replicate that smoke indoors and I stopped trying. If you do not have a smokehouse nearby, a rotisserie chicken works and keeps it budget friendly. The smokiness will not be the same but the rest of the dish will still hold up.

Want to bump up the protein? Add a can of rinsed black beans to the corn while it cooks. Low sodium, filling, and it fits right in.

Employee Spotlight

Once upon a time, in the great state of Texas, a young doctor walked into a career fair and walked out with a dream. Everything you see today started there. This month we are going back to the beginning and introducing you to the person behind it all...

Dr. Silas Salano



Why Podiatry? Up until my junior year in college, I did not know of podiatry as a career or even a thing. At the time I knew I wanted to do something in medicine but I have always been interested in running my own business. At the time I attended a career fair at school; and apparently I must have left my information with someone at the fair; a few weeks later I receive brochures/prospectus from 3 podiatry schools in a span of 2 weeks. I delved into Podiatry and it actually made sense in marrying my interest for sports medicine and business in a relatively short period of time. And since then we have been striving to be better at what we do everyday.

What is something your patients would never guess about you? Am a father of five with the oldest in college; most think am in my late 20s.

What does a good day off actually look like for you? Will be hanging out with the kids and wifey. It can be doing anything, at the park or just grabbing ice cream.

What do you want this practice to look like ten years from now? To have mentored new podiatrists within the practice to provide empathetic evidence based care to all our patients. Practice should be able to give back to the community in terms of volunteerism both in time and service. Give a platform to the new doctors to pursue their focus area while having tangible stake. To have all team members vested within the organization and contribute to the best of their ability. For everyone to have purpose, growth, belonging and reward within the practice.

The Learning Corner: Quitting and Adjusting Are Not the Same Thing

Most people do not fail at their goals because they are lazy. They fail because the plan they made in January was built for a life that does not actually exist.

January you had momentum, a clean slate, and optimism. June you has six months of real life behind her. Those are not the same person making the same plan, and pretending otherwise is where most goals quietly die.

Here is what nobody says out loud. It is okay to look at what you set out to do this year and change it. Not because you gave up, but because you know more now than you did then. That is not quitting. That is adjusting. And there is a real difference between the two.

Quitting is walking away because it got hard. Adjusting is being honest that the goal, the timeline, or the approach was never built for the life you are actually living. One is giving up. The other is being realistic enough to keep going.

The second half of the year starts now. Build it for your actual life, not the one you planned for in January.

A Note from the Owners and CarenetMSO

Six months in and this team continues to show up in ways that matter. Not just for the practice, but for every patient who walks through the door counting on someone to actually care. That is not something you can train into people. You either have it or you do not. This team has it.

We are proud of what has been built here and we do not take it for granted. The work is not always easy and we know that. Thank you for doing it anyway, and for doing it with the kind of integrity that makes this place worth coming to.

Here is to a strong second half.

With appreciation,
Podiatry Associates of Texas Owners and Carenet MSO