

February 2026
EDITION

GRIT

at

Magnolia
MEADOWS

THE RESILIENCE REPORT

help. healing. hope.

ICEPOCALYPSE A Week Inside The House

A January 2026 Storm Recap from Magnolia Meadows

Late January brought a widespread winter storm across the Southeast and East Coast, disrupting travel, power, and daily routines for millions. Here in Middle Tennessee, heavy ice and prolonged cold made roads unpredictable and extended shifts even longer for first responders—many managing the same challenges at home. At Magnolia Meadows, life didn't pause. It adjusted.

During the height of the storm, seven clients remained in residence, each navigating recovery while the outside world felt uncertain. Despite hazardous conditions, one client arrived safely from Georgia while another discharged the same day—both supported by staff committed to continuity of care. Inside the house, stability took shape. "That first evening, everyone was in the kitchen working together to make supper. It was great to see." Firehouse-style meals were shared, conversations happened naturally, and structure held when the outside world did not.



Severe weather doesn't just disrupt schedules; it disrupts nervous systems—especially for trauma-exposed first responders and military personnel. Staff reinforced grounding, predictability, and connection, even as some care temporarily shifted to virtual delivery due to safety and power concerns. "I expected the schedule to change, but staff did everything they could to keep treatment on track." — Former Police Officer Storms reveal systems...and people. Our nursing and client care teams remained on site through extended hours with minimal rest, while leadership stepped in to secure groceries, supplies, and safe transportation. Clinical services continued without interruption, adapting as needed to maintain daily structure. This is continuity of care. This is teamwork under pressure. (Icepocalypse continued on page 2) →



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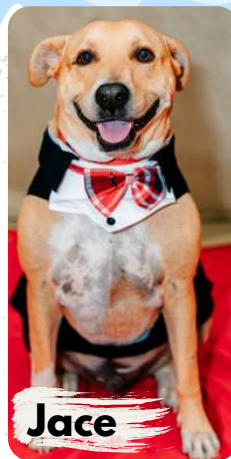
ICEPOCALYPSE (continued)

For many clients, the shared experience itself became therapeutic. "When we realized we were all stuck, we jumped in and helped—cooking, serving meals, and doing dishes." — *Retired Police Officer*. Others found grounding in connection, mindfulness, and purpose. Healing doesn't require perfect conditions. Sometimes, it happens because people stay present, adaptable, and connected—especially when circumstances are hard. If this storm stirred stress, old memories, or the urge to push through alone, you're not alone. Resilience doesn't always mean powering through.

Sometimes, it means reaching out.

We're here...before, during, and after the storm. 

To read the full article and client experiences, visit our resources at www.magnoliameadows.com



Jace



Kali's Korner

FLAVOR BRIEFING with Chef Andy



Tuna and Salmon Nigiri



Braised Beet Short Rib



Shrimp Pad Thai



Beet Flautas

Meet Jace!

Jace, a rescue dog with a crooked smile and a gentle presence, became exactly what we needed during our darkest season. More than a companion, Jace is now our trained service dog offering grounding, comfort, and quiet reassurance when words fall short. Jace is our neighborhood mascot and rockstar and has his own fan club. He lays in his window bed that faces the road, and everyone that goes by waves at him. He is my angel and life saver. When I'm having a rough day, he lays on me, or puts a paw on me and lets me know I can make it through the day. Jace's name means "salvation from God". That is exactly what he is. People would say that we saved Jace, but he actually saved me and my wife. Sometimes healing doesn't arrive through conversation, but through unconditional love that shows up every single day.

GRIT

TEAM spotlight

Tanya has been a tremendous addition to the GRIT team. She consistently steps in wherever she's needed, without hesitation, and brings a steady, positive presence to every part of the day. Tanya connects naturally with clients, offers genuine support, and carries herself with warmth and professionalism.

During the Ice-ageddon of 2026, Tanya was one of the staff members who stayed on-site, helping ensure our clients were safe, supported, and cared for despite challenging conditions. Her willingness to show up, adapt, and help wherever needed spoke volumes about her dedication to both the team and the mission. Her positive aura is felt by clients and staff alike, and we are incredibly grateful to have her as part of the GRIT family.



Tanya 2026

Wellness RESOURCES

Books:

Invisible Wounds of War
by Terri Tanielian & Lisa H. Jaycox

Podcasts:

Mindful Warrior Alliance Podcast

Websites:

www.militaryonesource.mil



"HEALING IS NOT WEAKNESS. IT'S GRIT."



Need Help? Call us at (855) 644-7500
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