



GRIT

at *Magnolia*
MEADOWS



March 2026
EDITION

THE RESILIENCE REPORT

help. healing. hope.

HONORING THE WHOLE PERSON Nutrition in Residential Treatment

At GRIT at Magnolia Meadows, we understand that nutrition is not one-size-fits-all, especially in residential treatment. Many of our clients arrive with specific dietary needs, including celiac disease, vegan preferences, diabetic considerations, and dietary practices rooted in religious belief or cultural custom. Honoring these needs is not an "extra"; it is a core part of providing safe, respectful, and effective care.

Nutrition also plays a meaningful role in mental health stabilization. Across many diagnoses, common signs include poor appetite, recent weight gain or loss, and irregular eating patterns. For many first responders and military professionals, years of hectic schedules, long shifts, and operational demands have normalized eating once a day, skipping meals, or grabbing food on the run. In residential treatment, establishing a routine of three balanced meals a day supports mood regulation, energy levels, sleep quality, and the effectiveness of psychiatric medications while restoring structure and predictability.

Our culinary team and clinical staff work closely to ensure dietary needs are clearly identified, communicated, and consistently followed. This includes medical and lifestyle-related diets such as strict gluten-free protocols for clients with celiac disease or severe intolerance, bloodsugar conscious planning for diabetic clients, and plant-based meals as well as accommodations related to religious beliefs or customs. Respecting these practices helps clients feel seen, safe, and supported, which is essential to engagement and trust in treatment.



This commitment extends beyond the kitchen line. Our chef recently led an experiential cooking group where the entire meal was prepared completely vegan, allowing clients to participate hands-on while reinforcing that dietary needs can be met without sacrificing flavor, connection, or enjoyment. In another instance, staff coordinated individualized meal prep accommodations for a client with a severe gluten intolerance, ensuring safety while preserving full participation in the shared dining experience.



**"FOOD IS MORE
THAN FUEL.
IT'S PART OF
RECOVERY."**

At GRIT, food is more than fuel...it is regulation, routine, respect, and care. By supporting balanced nutrition, specialty diets, and religious or cultural dietary practices, we help create a foundation where clients can focus on the deeper work of healing, recovery, and long-term resilience.

(Pictures are from the experiential cooking group)

www.magnoliameadows.com



FLAVOR BRIEFING *with Chef Andy*



BBQ Chicken Sand with Brussels and House Chips



Pineapple Sriracha Glazed Meatloaf with Garlic Whipped Mashed Potatoes and Green Beans



Mini Nuggies Volcano (Client Special Request)



Caprese Salad with Savory Pastry



Roasted Cornish Hen with Sweet Potato Puree and Brown Butter Asparagus



Bo luc lac with Marinated Cucumber Tomato Salad



SGT. Stubby



Kali's Korner Throwback!

Meet SGT. Stubby!

Sergeant Stubby started as a stray wandering around a U.S. Army training camp in 1917. A soldier named Robert Conroy adopted him, and the little dog secretly sailed with the troops to France during World War I.

Stubby quickly became part of the unit. His sharp hearing helped him warn soldiers of incoming artillery and poison gas attacks before humans noticed them.

He even helped locate wounded soldiers on the battlefield.

One day, Stubby chased down a German spy sneaking through the trenches and held him by the pants until soldiers arrived. Because of his bravery, he was promoted to Sergeant — the only dog in U.S. military history to receive that rank. Over 18 months he served in 17 battles and later visited wounded soldiers, lifting their spirits like an early therapy dog.

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GRIT TEAM spotlight



Steve 2026

As our Overnight CCT, Steve helps keep Magnolia Meadows running smoothly through the night. A Veteran himself, he brings an unspoken understanding to the First Responders and Military members we serve.

Steve is consistently punctual, dependable, and attentive, while his friendly, interactive approach helps clients feel comfortable and supported during overnight hours. His steady presence and sense of responsibility make him a valued part of the team. 🧢👏

Wellness RESOURCES

Books: *Helping the Helpers*
by David Dachinger

Podcasts: *Drive On*

Websites: www.maketheconnection.net



Gaining Resilience in Trauma



Residential Treatment for active or retired First Responders and Military Service Members

"FIGHTING FOR YOURSELF. IT'S GRIT."

Need Help? Call us at (855) 644-7500
www.magnoliameadows.com

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