

June 2026  
EDITION

# GRIT

at Magnolia  
MEADOWS

## THE RESILIENCE REPORT

help. healing. hope.

### PTSD AWARENESS MONTH What Comes After Survival?

June is recognized as PTSD Awareness Month, and for first responders, military personnel, veterans, and healthcare professionals, the conversation is an important one. The reality is that trauma exposure comes with the job.

For many, the focus of PTSD awareness centers around recognizing symptoms, reducing stigma, and encouraging treatment. Those conversations matter. But there is another conversation that deserves attention as well.

What comes after survival? For years, many first responders and service members have been taught to push through. Keep moving. Get through the shift. Get through the deployment. Get through the next call. While resilience is an incredible strength, surviving is not the same thing as healing. Healing begins when we acknowledge that what we've seen, heard, and carried has affected us. And something remarkable can happen when we do. Researchers call it **Post-Traumatic Growth**.



Post-traumatic growth does not mean trauma was a good thing. It does not mean someone is grateful for what happened. It does not mean PTSD disappears overnight. Instead, it describes the positive changes that can occur when people begin processing difficult experiences rather than simply carrying them. For some that growth looks like stronger relationships, it's finding purpose again, it's learning that asking for help takes more courage than suffering in silence. Often, it's discovering a strength you didn't know you had and a deeper understanding of yourself after doing the difficult work of healing. In other words, the goal is not always returning to the person you were before.

Sometimes the goal is becoming someone stronger because of what you have overcome. Growth rarely happens overnight. It is built through small decisions repeated over time. Honest conversations. Peer support. Physical wellness. Professional treatment when needed. Learning that carrying everything alone was never the assignment. In our professions, strength has traditionally been measured by how much we can endure. Perhaps it is time to redefine it. Perhaps true strength is recognizing when the weight has become too heavy and choosing to do something about it. *Continued on Page 2* →

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# PTSD AWARENESS MONTH

## What Comes After Survival?

This PTSD Awareness Month, we encourage you to look beyond survival. Check in with yourself. Check in with your people. Have the conversation you've been putting off. Reach out if you need support. Because healing is possible and sometimes the most powerful outcome of trauma is not simply recovering from it. It's growing beyond it. At GRIT, we believe that trauma may be part of your story, but it does not have to be the ending.

Introducing the  
**GRIT**  
Alumni Peer Support Team

Sometimes the most helpful voice, is someone who's lived it.

## FLAVOR BRIEFING

with Chef Andy

Pork Loin, Cream Corn,  
Hash Brown Casserole and Brussels



Banana Nut Oatmeal



Egg Stuffed Tomato with Ham and Hash Browns



# Paws & Purpose.

TAILS FROM THE DOGHOUSE



Hercules



Kali & Nash

## Meet Hercules!

This month, Kali would like to introduce everyone to her friend, Hercules! Hercules is a five-year-old hawk and the official mascot of the Iowa Hawkeyes. Before each football game, she takes flight from the stadium seats and soars down to the 50-yard line in front of thousands of cheering fans. It's a tradition that has made her a favorite among Hawkeye supporters and an impressive ambassador for birds of prey.

What makes Hercules even more remarkable is that she only has one eye. When she was just a chick, one of her parents accidentally stepped on her right eye, causing an injury so severe that it had to be removed. Although she has a blind spot, it hasn't stopped her from doing everything a hawk is meant to do. She continues to fly with confidence, precision, and purpose.

Hercules weighs about 3.3 pounds, enjoys a menu of quail, mice, rats, and day-old chicks, and has been partnered with her handler, David, since she first came to Iowa. Together, they have spent years building the trust and teamwork needed for her famous game-day flights.

Her story is a reminder that challenges do not have to define us. Sometimes resilience is simply adapting, moving forward, and continuing to do what you were meant to do. Hercules may have lost an eye, but she never lost her ability to soar.

# TEAM GRIT

## spotlight



Nancy 2026

If you've spent any time around Magnolia Meadows, you've likely experienced the unique balance that is Dr. Nancy Kirby. On one hand, she brings a calm, reassuring presence that immediately puts people at ease. On the other, she has a remarkable ability to look directly at the issue, call it what it is, and help people move forward without getting lost in excuses or avoidance.

As our Director of Clinical Operations, Nancy brings decades of experience working with trauma, addiction, and mental health. Her expertise spans a wide range of specialized approaches, including EMDR, hypnotherapy, Kali-stick trauma therapy, process addictions, and numerous other evidence-based modalities. More importantly, she knows how to tailor those tools to the individual sitting in front of her.

Around GRIT, Nancy is often the calm in the storm. She is a teacher, mentor, clinician, problem-solver, and one of the driving forces behind the quality of care we provide every day. Her knowledge is extensive, but it is her genuine passion for helping others heal that truly sets her apart. We are incredibly grateful to have Nancy leading our clinical team and helping shape the lives of those who trust us with their care.



"BE KIND TO YOUR MIND!"



Need Help? Call us at (855) 644-7500  
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1750 Halls Creek Road Waverly, TN 37185

