

# GRIT

## AMERICA 250

Magnolia  
MEADOWS

### How Those Who Serve Have Grown Alongside America

This year, America celebrates its **250th birthday**; 250 years of resilience, sacrifice, and answering the call when others needed us most. In many ways, the First Responder and Military community has followed that same journey. For generations, we knew this work came with a cost. We just didn't always know what to call it. Long before PTSD became an official diagnosis, service members and first responders returned home carrying anger, sleepless nights, strained relationships, and emotional exhaustion. The expectation was simple: finish the call, clean the truck, grab another cup of coffee, and move on. **Thankfully, we've grown.**

Today's challenges still include trauma, but they also include burnout, grief, anxiety, depression, substance use, and the constant pull of an always-connected world. The job hasn't changed but our understanding has. The biggest difference over the past 250 years isn't the work itself. It's the support. Peer support, wellness programs, retreats, and treatment programs built specifically for First Responders and Military members are helping more people recognize that asking for help isn't weakness, it's how we stay healthy enough to keep serving.

At GRIT, we see that every day. Sometimes someone needs a conversation.

Sometimes it's a **Tactical Reset**. Sometimes it's treatment. None of those mean you've failed. They mean you're investing in yourself before the weight becomes too heavy. Summer is one of the best times to do exactly that. Healing doesn't just happen in a therapy room. It happens around a campfire, on the river, out on a trail, and alongside people who understand the lifestyle. Recovery isn't just about processing trauma...it's about reconnecting with life. As we celebrate

**America's 250th birthday**, we're reminded that growth has always come from facing challenges head-on. The same is true for those who serve. Enjoy the holiday. Spend time with the people who matter most. And if you realize it's time for a reset, **we'll be here.**



### TEAM GRIT spotlight



Jimbo 2026

You know him. You love him. If you've spent more than five minutes around GRIT, you've probably met Jimbo. A retired Nashville Fire Captain, Jimbo now serves as our Business Development Specialist, helping clients through the admissions process, connecting with referral partners, coordinating airport transportation, and somehow always knowing when fresh donuts are needed. His calm, steady demeanor has earned the trust of countless first responders, while his firehouse humor keeps everyone laughing. Whether he's behind the scenes or behind the wheel, Jimbo is one of the biggest reasons GRIT continues to grow and make the impact it does. 🚒🧘





Chicken Chop Salad



Vietnamese Ground Beef Rice Bowl



Chicken Spinach Berry Salad w Balsamic



Chicken Marsala, Parm Crusted Potatoes, Brown Butter Asparagus



JETHRO



Kali & Nash

### Meet JETHRO and Captain Josh Baltz!

In 2021, the Wilmington Fire Department partnered with paws4people® to introduce a new mental health resource for our firefighters: highly trained Facility Dogs specializing in Crisis Response. I often describe the program as "a resource without words." These dogs help de-escalate stress following traumatic incidents, ease the everyday pressures that come with the job, and provide comfort to both first responders and civilians during emergencies. Sometimes the greatest support doesn't come from knowing what to say—it simply comes from being present. Today, our department has five Facility Dogs serving alongside our members, and I have the privilege of working with JETHRO, a three-year-old Black Labrador Retriever. JETHRO comes to work with me every shift, spending his days at the firehouse, responding to emergency calls, and visiting stations to support our brothers and sisters whenever needed. The success of this program has extended well beyond our department, with neighboring agencies adopting the same model after seeing its impact firsthand. I believe its effectiveness lies in its simplicity. There is no pressure to talk, explain, or relive an experience. These dogs are trained to provide calm, comfort, and connection simply by being there—and that presence can make all the difference.

To learn more about the Facility Dog and Crisis Response programs, visit [paws4people.org](http://paws4people.org).



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We proudly accept VA Community Care Network (CCN) insurance through these trusted providers:



Introducing the  
**GRIT**  
Alumni Peer Support Team



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



**HAPPY 250<sup>TH</sup> AMERICA!!**



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