

August 2025 Edition

GRIT

at

Magnolia
MEADOWS

THE RESILIENCE REPORT

help. healing. hope.

THE COLD TRUTH

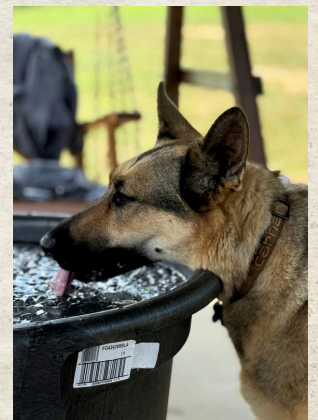


Are ice baths the **COLD CURE** for stress and trauma recovery?

A 3-minute ice bath is more than just physical recovery — it's a **GRIT**-building exercise for First Responders and Military Service Members in treatment.

GRIT means showing up when it's uncomfortable, pushing through resistance, and choosing growth over ease. Physically, the cold reduces inflammation, boosts recovery, and energizes the body. Mentally, it strengthens discipline, sharpens focus, and trains the mind to stay calm under pressure. Each plunge reinforces resilience, strengthens the recovery mindset, and the ability to face discomfort head-on, which are core traits of **GRIT**.

Wanna try one? Test your GRIT and recover mind, body, and soul!



Kali enjoying the ice bath on a hot summer day!

GRIT

is Now In-Network with

Humana
Military



See Page 2
for more info!



www.magnoliameadows.com



FLAVOR BRIEFING

with Chef Andy



House Grilled Chicken Sandwich

4th of July Fireworks at Magnolia Meadows



Jack



Kali's Korner

Meet Jack the Service Dog!

Jack is a six-year-old male Australian Cattle Dog with a big heart and an even bigger purpose. He's a registered service dog, specially trained in PTSD and anxiety response. Jack spent the first three years of his life riding shotgun across the country as a loyal trucking companion, logging miles from coast to coast. These days, Jack prefers support meetings and social visits, especially if there are babies around (he's obsessed!) or someone willing to give him attention. Whether he's working or relaxing, Jack is happiest simply being by his owner's side. Loyal, loving, and always ready to herd anything that moves, Jack is not just a service dog—he's a best friend, and truly one of a kind.

Exciting News!

Humana
Military



Starting August 1, 2025, we are officially in-network with TRICARE!
We're proud to expand our services to active duty and retired military personnel through this new partnership. Your dedication and service deserve accessible, high-quality care, and we're honored to support your journey to wellness. Mark your calendars — beginning August 1st, TRICARE members can receive in-network care at Magnolia Meadows.

For more information or to verify coverage, contact us today: (855) 644-7500

Wellness
RESOURCES

Books: *Treating PTSD in First Responders* by Richard A. Bryant

Podcasts: *Behind The Line Podcast*

Websites: www.yogaforfirstresponders.org

GRIT
Gaining Resilience in Trauma



GRIT: perseverance, passion, and determination to face adversity, overcome challenges, and withstand, recover, and emerge stronger.



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

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