



mhca's e-Newsletter

Vol. 4, Issue 12  
*Published June 2020*

## **Strong Connections Support Adaptation & Survival**

*By mhca's Director of Communication & Membership Lonnie Parizek*



Check out this cool tree I saw during a recent, socially-distanced tour of the Painted Rocks of Michigan's Upper Peninsula. Through his face mask, the tour guide said there isn't enough soil on this rock formation to support this tree – so it's roots reached out to the surrounding area for essential nutrients. The roots grew strong over time, so when the slim rock archway that used to support the roots collapsed, the roots were still able to continue to grow and nourish the tree. Thanks to the strong roots connected to the land, this tree is thriving in an area where it would otherwise be impossible for it to grow.

This tree made me think about **mhca** - how it's impossible to thrive in some circumstances without a strong support system that can nourish your creativity, and how in times like these, when other supports collapse, our members thrive by relying on the relationships they've built with one another.

Our relationships, and hence our resilience as leaders, are strengthened when we give and receive support. Whatever you need help with right now, however you'd like to contribute to others, **mhca** is here to help you stay engaged and grow your support system so you can thrive.

Look up your peers in our [online directory](#) to reach out via phone or email, or reach out via our [Listserver](#). If you're having any trouble getting connected, please give us a call (850-942-4900) or shoot us an email.

Looking forward to seeing you all again soon. Until then, stay safe, and stay connected!

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