

Power of Words Podcast Show Notes

PILOT EPISODE

Join Sondra Wallace & Jeni Starr as they discuss the purpose behind the Power of Words Podcast and discuss two special texts that have impacted their lives: [The Whole-brain Child](#) by Dan Siegel, M.D. and Tina Payne Bryson, PhD and [I'm in Charge of Celebrations](#) by Byrd Baylor.

Hosts:

Jeni Starr (she/her) has been a health education specialist for over 20 years and currently serves as the Community Specialists Manager for the Kansas City Public Library where she leads a team of subject area specialists. She is passionate about health equity and weight inclusive wellness. When she isn't working she enjoys gardening, traveling, sewing, and spending time with her husband, stepkids, four cats, and a retired racing greyhound.

At the time of the season 1 recording, she was the Library's Health and Wellness Specialist but has transitioned into a new role.

Sondra Wallace (she/her) is a life-long Kansas Citian with an unwavering commitment to support, collaborate and engage our community in mental health education and prevention to increase the health and wellness for ALL.

She brings to our conversations with other dedicated Kansas Citians, 25+ years of experience with schools and non-profit organizations, sharing the message of hope, help & strength. Sondra's passion to encourage listeners to empower themselves through the power of words that have significant meaning to an individual.

At the time of the season 1 recordings, Sondra was the Director of Mental Health Programs at Jewish Family Services of Greater Kansas City. She recently transitioned to AdventHealth as the Director of Community Benefit where she continues to share the message of hope, help & strength to increase the health and wellness for ALL.

RESOURCE LINKS:

[Jewish Family Services](#)

[Kansas City Public Library](#)

Production/Credits

The Power of Words is produced by the Kansas City Public Library and Jewish Family Services with support from Americorps.

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