

# Power of Words Podcast Show Notes

## Episode 1: CLARE HOLLANDER

Join Sondra & Jeni as they talk with Clare Hollander, the Central Youth Services Manager of the Kansas City Public Library. She shares how [The Artist's Way: a Spiritual Path to Higher Creativity](#), by Julia Cameron has impacted her.

### Guest:

Clare Hollander (pronouns: she/her) started working at Kansas City Public Library in 2006. Now she is a youth librarian and manages the second floor of the Central Library which is dedicated to materials and programming for everyone under 18. She says working with kids is “her strength, her forte, her love.” Visiting caregivers and kids alike would agree! Clare also loves getting out in nature.

### 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](#)

[Achieving Health Equity: Naming Racism and Moving to Action with Camara Phyllis Jones, MD, MPH, PhD](#)

[BeReal: Is it possible on the social app to actually be real? | CNN](#)

[Make. Do. Tell. STEAM: Ant Farm Update - YouTube](#)

[\(PDF\) Revisiting 12-Step Approaches: An Evidence-Based Perspective \(researchgate.net\)](#)

[Jerry Has An Overdue Library Book | The Library | Seinfeld - YouTube](#)

[Office PRANKS but they are Heartwarmingly Wholesome - The Office US - YouTube](#)

[Kids and Family Activities | Kansas City Public Library \(kclibrary.org\)](#)

[Relax in the Stacks with Meditation! | The Kansas City Public Library | BiblioCommons](#)

[AllTrails: Trail Guides & Maps for Hiking, Camping, and Running | AllTrails](#)

### **Production/Credits**

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

**Theme music:** “Sunset Loop” by Sergei Chetvertnykh. Available for use under the CC BY 3.0 license ([creativecommons.org/licenses/by/3.0/](https://creativecommons.org/licenses/by/3.0/)), at [FreeSound](#).