

Power of Words Podcast Show Notes

Episode 4: Erin Jeanne McDowell

Join Sondra & Jeni as they talk with Erin Jeanne McDowell about how the poem *The Peters Family* by William Stafford and a quote from the [Korean American](#) cookbook by Eric Kim impacted her life. They discuss the power and connection of preparing food, meditation, and yoga practice.

Guest:

Erin Jeanne McDowell develops recipes, writes cookbooks, and makes instructional baking videos. You've seen her work Bake it Up a Notch on Food52, and lists of bestselling baking books by the New York Times. She loves helping other people love baking as well! Erin fell in love with baking at 14 years old in her grandma's kitchen and later studied at The Culinary Institute of America. After 17 years in New York and New Jersey, she recently moved "home" to Kansas City to be closer to family. Erin lives with her husband, Derek, and sweet pup, Brimley.

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](#)

[Erin Jeanne McDowell YouTube Series](#)

[The Fearless Baker](#) cookbook by Erin Jeanne McDowell

[The Book on Pie](#) cookbook by Erin Jeanne McDowell

[Savory Baking](#) cookbook by Erin Jeanne McDowell

[Food 52](#)

[True Love Yoga](#)

[Infinite Soul](#)

[American Jazz Museum](#)

[Negro Leagues Baseball Museum](#)

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/), at [FreeSound](#).