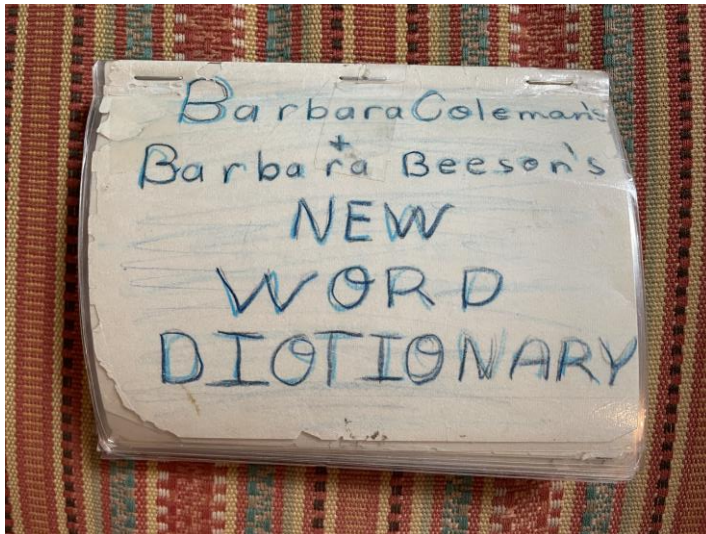


## Power of Words Podcast Show Notes

### Episode 6: Barbara Unell

Join Sondra & Jeni as they talk with Barb Unell about: *Barbara Coleman's and Barbara Beeson's New Word Dictionary*. This is a unique project our guest began creating 40-plus years ago with a childhood friend. These made-up words powerfully influenced the direction of her life. Technically this was her first book, misspelled title and all! Now she's making one with her grandson.



#### Guest:

Barbara “Barb” Unell (pronouns: she/her) is an entrepreneur, parent educator and co-author of 17 books. She has collaborated on many types of social-emotional health programs for children. She wants to share her story of how these words (that aren't even "real"), built and sustained healthy relationships in her life and continue to be a genuine treasure. Barb is a devoted mother and adoring grandmother.

#### 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](#)

[The Back in the Swing Cookbook](#) by Barbara Unell

<https://raisingkc.org/>

<https://itsok.us/>

<https://behaviorchecker.org/>

<https://www.growyourgiving.org/supporting-the-mental-health-of-kids-and-families-a-conversation-with-barbara-unell/>

### **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 Chetvernykh. Available for use under the CC BY 3.0 license (creativecommons.org/licenses/by/3.0/), at [FreeSound](#).