

Power of Words Podcast Show Notes

Episode 7: Don Goldman

Join Sondra & Jeni as they talk with Don Goldman about the joy of reading to his children and grandchildren and how they relate to their mental health and bring a sense of calm. He shares two of his favorite books: [Where the Wild Things Are](#) by Maurice Sendak and *But Not the Hippopotamus* by Sandra Boynton.

Guest:

Don Goldman joined JFS in 2007 as Executive Director and CEO. During his tenure the agency has tripled in size, now providing essential human services for more than 10,000 individuals and families each year. Don has a son & daughter, 2 twin grandkids which is important to know when he shares with us the words he chose for our conversation today.

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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