

Power of Words Podcast Show Notes

Episode 8: Jana Meister

Join Sondra & Jeni as they talk with Jana Meister as they discuss words that inspired her from Kansas City's own [Kate Spade](#). Jana shares these quotes:

“Surround yourself with the things you love. Discard the rest.” — Kate Spade

“Style is the sum of so many things – beginning with a sense of who you are and having self-confidence.”
— Kate Spade

Guest:

Jana Meister is a Kansas City based fashion blogger and stylist. She has spent the past several years working in the Kansas City fashion industry as a board member of Fashion Group International KC, the Fashion Editor of Kansas City Fashion Week, a freelance stylist and fashion writer for local magazine publications, and the official stylist and blogger for Summit Fair Shopping Center. She frequently appears on morning news stations including FOX 4 Morning Show, Better Kansas City, and KC LIVE sharing her knowledge of current fashion trends and style tips!

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](#)

Jana Meister online:

<https://kcbysari.podbean.com/e/influencer-jana-meister/>

https://www.instagram.com/jana_meister/reels/

<http://www.janastyleblog.com/2022/11/fall-festive-style.html>

[Kansas City Fashion Week](#)

[Historic Garment District Museum](#)

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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