

# Power of Words Podcast Show Notes

## Episode 5: Vladimir Sainte

Join Sondra & Jeni as they talk with Vladimir Sainte about how a quote from Stan Lee, found at the end of [Spider-Man, Into the Spider-Verse](#), impacted his life. They discuss how anyone can be a superhero and the importance of healthy boundaries.

Quote: *"A person who helps others simply because it should or must be done and because it is the right thing to do is indeed and without a doubt, a real superhero."* - Stan Lee

### Guest:

Vladimir Sainte, LCSW has over a decade of experience as a licensed clinical social worker and has made significant contributions to the Kansas City community through his work as a former child therapist and children's book author. Mr. Sainte currently serves as a Senior Project Manager at University Health Behavioral Health, leveraging his expertise to guide others. In 2022, Mr. Sainte won Best Local Author by The Pitch magazine for his ongoing work to educate young children about emotional literacy. Mr. Sainte holds a Bachelor of Arts degree in Sociology from the University of Missouri-Kansas City, where he also obtained a Master of Social Work. Throughout his years in the field, Mr. Sainte has helped individuals and families through challenging times. He is constantly inspired by his two children and looks forward to one day seeing the heroes they are meant to be.

### 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](#)

[University Health Behavioral Health](#)

[Just Like a Hero](#) by Vladimir Sainte

[The Pursuit of Happiness](#) podcast

Vlad's paper superheroes:



**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/](https://creativecommons.org/licenses/by/3.0/)), at [FreeSound](#).