

# THE Importance of Caring

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my journey into health care



## Trina Benedict

NUTRITION SERVICES SUPERVISOR/DIETARY MANAGER

When people visit Columbus Community Hospital, chances are they will end up in the Prairie Wind Café. The café offers staff, patients and guests a quiet and peaceful place to take a break and enjoy a meal.

It's open from 6:30 a.m.-6:30 p.m. and offers breakfast, lunch and dinner. Frequently, the café is buzzing with customers looking to enjoy homemade soups, salads, desserts and more.

The Prairie Wind Café's success wouldn't be possible without the team that works to fill the café with delicious food, including Trina Benedict, nutrition services supervisor.

Benedict began working at the hospital as a nutrition services supervisor in September 2017. In addition to supervising the kitchen, she is responsible for purchasing and receiving all food and beverage products for the hospital. She also performs administrative duties such as completing cash management, catering events and answering billing questions regarding the Meals on Wheels program.

**"Every day is different, which I love,"** said Benedict. **"I never know what each day will bring."**

She has a culinary arts education, a certificate for dietary management and several years of experience in food service, including purchasing, which she said has granted her extensive product knowledge.

Benedict said she originally wanted to pursue a career in nursing and even became a certified nursing assistant (CNA); however, her passion for food services kept pulling her back.

She said she enjoys working at the hospital because it is a supportive employer that provides a positive work environment.

**"I feel greatly supported by my co-workers, our nutrition services director and senior management,"** she said. **"I feel respected and that my voice matters."**

For others who are considering a career in health care, Benedict said food service is a great option to consider.

**"This position gives me the satisfaction of truly helping people who could be at an unpleasant time in their life,"** she said. **"To be able to brighten their day when their meal is delivered is a wonderful feeling. Food is love and caring."**

**For more information on career opportunities at Columbus Community Hospital, or to learn more about the nutrition services department, please visit [www.columbushosp.org](http://www.columbushosp.org).**