

THE Importance of Caring

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my journey into health care



Jasmine Karakatsanis

MASSAGE THERAPIST

Nearly a year after the COVID-19 pandemic began, Jasmine Karakatsanis found herself on the front lines, screening patients and visitors for symptoms of the virus before they entered Columbus Community Hospital. At the time, Karakatsanis accepted the position merely as a job, but she didn't know it would open the door to her achieving her dream.

Karakatsanis was born in Plainfield, New Jersey, but moved to Nebraska as a child. For as long as she could remember, she knew she wanted her career to be based on helping others feel good — specifically in a med spa setting. As the pandemic started to subside and the number of COVID-19 cases dropped, the hospital stopped screening patients and visitors. Karakatsanis enjoyed working at the hospital and the employee culture, so she met with hospital leaders to further discuss her career goals.

“My plan was always to go to school to become an esthetician (skincare specialist), until I had my first massage, and realized that being an esthetician and being a massage therapist go hand

in hand,” Karakatsanis said. **“The hospital presented me with an opportunity that took all of my passions into consideration and aligned them perfectly.”**

Karakatsanis started at Omaha School of Massage Therapy in 2023. After completing the program, she returned to Columbus, where she helped open Columbus Community Hospital's Columbus Massage Therapy Clinic in March 2024. On average, Karakatsanis sees about four to five clients each day, providing relaxing and healing services through massage therapy.

“When my clients visit the clinic for a massage, it's my passion to help them feel at ease and promote general wellness,” she said.

Karakatsanis uses different pressures, movements and techniques to manipulate muscles and other soft tissues in the body. These techniques relax clients and relieves their pain, stress, depression and anxiety.

In December 2024, Karakatsanis will start an esthetician program.

“I'm very thankful for the support I

have received from the hospital,” she said. **“It provided me with a flexible job during school and an amazing opportunity to start the massage therapy clinic.”**

Karakatsanis said she encourages everyone to pursue their dreams, noting that **“you can go as far as your mind lets you — and beyond that.”**

In her free time, Karakatsanis enjoys being outdoors in nature, going to the gym and cooking new recipes.

To learn more about Columbus Community Hospital's Columbus Massage Therapy Clinic or available job opportunities, visit columbushosp.org.