

THE Importance of Caring

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my journey into health care



Susan Olmer, MS, RD, LMNT
REGISTERED DIETITIAN

Susan Olmer, MS, RD, LMNT, had initially planned on a career in nursing because she knew she wanted to help people. Then she decided there was a different health care career that would be an even better fit for her.

“At one point I decided I liked helping people through what they eat, especially since I love to cook,” Olmer said.

“Nutrition plays a bigger part in the picture of staying healthy than most people think about or realize.”

Olmer went on to get a Bachelor of Science degree in home economics with an emphasis in nutrition from Northwest Missouri State University and a Master of Science degree in metabolic nutrition from the University of Nebraska-Lincoln.

Over the course of her career, Olmer has worked as a dietary director/dietitian in hospital and long-term care settings, as a consultant dietitian in long-term care, and with the Women, Infants and Children (WIC) program.

“These jobs gave me a wide spectrum of experience that helped me to make the

transition to Columbus Community Hospital,” Olmer said.

Olmer started working at CCH in 2013 and for the last four years she has worked as a registered dietitian.

In this position, she provides CCH patients with education and instruction on diets; works with CCH doctors, nurses and the dietary department to determine the best diets for patients; develops and presents dietary education to the community; and conducts cooking classes that teach community members about healthy food options.

Olmer said she has been well supported in her work by CCH which encourages its employees to further their educations. She said this is important in the health care field where people need to have the latest information to ensure they can best care for their patients.

“You have to be willing to keep up on all the newest information available in order to give this information to patients and clients,” she said. **“Health care is about the people you serve and the people you**

work with. It is important to make every day count for something even if it is only one person you help that day.”

For more information on Olmer or the dietary and nutrition services available through CCH, visit www.columbushosp.org.