

Nurse balances work and family during pandemic

By Bob Montgomery
Staff Writer

Being a front-line hospital worker, a wife and mother is no easy task for anyone, let alone during the stressful COVID-19 pandemic.

But Takeysha Foster, who works in the adult medical critical care unit at Spartanburg Medical Center, takes it all in stride.

"I love my job," she says. "I also worry about my kids not being able to go out with friends."

Foster, 33, and her husband Jerrod have four children, ranging in age from 4 months to 12 years old.

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A graduate of Wade Hampton High School, the Taylors native studied nursing at Greenville Tech, then earned a bachelor of science degree in nursing in 2016 with Western Governors University of Utah.

"I always wanted to be in the health care field," she says.

She joined Spartan-

burg Regional Healthcare System in 2017, where she works three 12-hour shifts each week, from 7 a.m. to 7 p.m., taking care of some of the sickest patients in the adult medical critical care unit.

"You get to know your patients like your own family," she says. "I provide the best care I can."

She is glad to live in Greer and work in Spartanburg, where the community appreciates its front-line workers. A parade was recently held to honor the doctors, nurses and hospital staff at Spartanburg Medical Center's Church Street and Mary Black campuses.

It's been extra difficult with the COVID-19 coronavirus pandemic, but she says the hospital provides all the protective equipment needed to maintain safety.

When she goes home, she removes her work clothing in a laundry room next to the garage.

That's to make sure there's no chance of bringing inside any coronavirus.

Then she showers and is ready for dinner and evening time with family.

Her husband, who works in sales, has been able to stay at home with the children since schools were closed.

He goes back to work at his store this coming week, and Foster's mother-in-law will take over watching the kids while both are working.

Foster is working this Mother's Day, but she's looking forward to a home-cooked meal after work.

In the meantime, she's been planning a family vacation at Disney World in July, which may have to be postponed if the virus does not let up by then.

The secret to her stamina, she says, is simply prioritizing what matters.

"I would just say take care of yourself," she says. "You can't be a good mom unless you take care of yourself. Wash your hands. Stay safe in vulnerable situations."





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