In Her Own Words: Regina Moody’s faith gives her strength to care for a vulnerable community – and her nephew – during very tough times

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Even a pandemic is a different for working women. The lines between personal and professional physically blur when working from home, often with a spouse, parent, child, pet or all of the above. Regina Moody is CEO of Holy Angels, a Belmont, N.C., care facility whose residents ask every day if she’ll keep them healthy.

"Faith over fear.’ That’s what we tell ourselves every day at Holy Angels in Belmont, N.C. It’s also what I tell myself every day leading this organization.

Holy Angels is a faith-based nonprofit started by the Sisters of Mercy. It sits just west of Charlotte, N.C., and serves an immensely vulnerable population of children and adults with intellectual disabilities and delicate medical conditions. We provide specialized, round-the-clock service to the differently able, and those services don’t stop for a pandemic. Actually, they don’t stop for anything. We must rely on our faith and our commitment to God, to our residents and to our staff to get through each day, each hour, as safely as possible during Covid-19.

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I rely on my faith constantly, but especially right now as we face the coronavirus. My personal faith is my belief that God ultimately is in charge and things happen for a reason. As I lead Holy Angels through this time of so much anxiety and uncertainty, I pray every day for the strength, guidance and endurance to handle whatever comes my way. I trust in my faith over the ever-present fear.

I also have trust and confidence in my team and our commitment to support each other. Our primary mission at Holy Angels is to provide a place of loving, living and learning for the differently able. It’s our responsibility to continue doing that no matter what plagues society just beyond our Belmont campus. Every day, we need to not just show up, but be present and positive while providing quality care. I strive to lead by example. The hours are typically long and sometimes arduous; Covid-19 has made them longer with more hurdles to overcome. The challenges are many and the coronavirus has created many more. But through Him, all things are possible; through Him, I can put faith and hope and certainty in our capabilities to accomplish anything.

My family helps make these lengthy days, and nights, possible as well. They have always been supportive and accepting of my demands and long hours. I have to work hard at balancing – some days, I am good, and other days, not so much. My husband, David, is a good listener; he is supportive, compassionate and knows that I love what I do. He recently retired after 49 years and it is great to have him at home. At the end of a very long day, I know he will be home to welcome me with dinner ready. He is and always has been accepting of my crazy schedule. He is my rock and I am truly blessed.
At Holy Angels, we’ve taken innumerable steps toward protecting our residents and staff. We’ve ticked the same boxes as many others – conformed to CDC guidelines, amplified sanitization efforts, turned toward technology for outreach, limited nonessential medical appointments, stocked up on personal protective equipment and so on. We even created Operation Covid-19 Q, an emergency plan if the virus occurs here and quarantine is necessary. But all of this – which has kept our organization exposure- and virus-free thus far – has happened with personal sacrifice. David and I are first-time grandparents to a one-year-old, Parker. It has been wonderful, but so difficult to not see him as we practice social distancing. Our second grandchild is due to arrive at the end of July, so we are being extra careful. And much of our remaining free time (especially David’s time) has been dedicated to our nephew, Michael, who lives with us. He is a senior in high school, so keeping up with his senior tasks keeps us busy!

But these many responsibilities coupled with faith help keep the fear at bay. Life is short and we need to treasure every moment. I pray every day for strength to lead our staff and to reassure our residents who are so medically fragile. One resident recently asked, “You’re keeping me from getting sick, right?” And yeah, that’s what we’re doing. We’re staying focused and grounded, but not losing sight that we’re making a difference every day. I am learning every day to cope with the fast and constant changes. Even as I worry about all that is happening, I’m keeping a positive attitude and remaining focused. It’s truly all about faith over fear.

*This is a time for virtual community and sharing so we’re asking many women we know – and some we don’t – what their daily routine looks like. We’d like to know yours as well. Please send me a note at esherberg@bizjournals.com if you’d like to share your story.*

Ellen Sherberg
Bizwomen Contributor