Blerta K. Salihu was born in Kosova. She moved to Kentucky, United States in 1999 as an Albanian refugee from the War in Kosova. Blerta was raised and attended school in Kentucky. She began college at the University of Kentucky for pre-nursing studies, and then received her Registered State Nursing Assistant license. She worked at the University of Kentucky Hospital for 5 years as a Nursing Care Technician. In 2017, she received a nursing assistant excellence honoree award for her outstanding work at the Hospital.

She moved to New York in 2018 in hopes for more successful opportunities for her and her husband, an International Medical Doctor from Kosova. She currently works as a Nurse's Aide at New York Presbyterian Hospital/ Weill Cornell. She is a mother of two children and is very dedicated in raising a healthy Albanian-American family in the USA. Her ultimate goal is to apply and finish Nursing School while in New York.

As part of the mentorship program, Blerta hopes to help other Albanian women on answers pertaining to achieving career goals in the medical/nursing field and what life is like in the USA as an Albanian-American Woman.