



Greetings!

I'm grateful to be amongst the esteemed healthcare professionals in our community as we start our term for PNAMH 2022-2024. It is worth noting that being able to gather face to face is such a privilege we took for granted before the year 2020. Truly, the Covid pandemic upended every fiber of the American society as we know it. Once again, we find ourselves in a transition as we emerged from this new reality. A call for a reflection on how to move forward based on what we learned from the past. These are extraordinary times that none of us ever imagined. We need to remain optimistic about our future yet vigilant not to repeat the mistakes of the past. We must adapt to the changing times if we want to stay relevant in this competitive world. We need to embrace change and not run from it. All this begins by looking within on what we can offer to ourselves, to others, and to the ones we serve. The great Chinese philosopher Lao Tzu said "Knowing others is intelligence, knowing yourself is true wisdom. Mastering others is strength, mastering yourself is true power". Therefore, let us harness that power to our advantage and build on the foundation that our mentors laid before us. I am truly honored to serve as the president for 2022-2024 and excited to be a part of this great and prestigious organization. PNAMH has a long tradition and will continue to serve the members and the community. PNAMH will continue to grow and prosper as a well-established professional nursing organization. Thank you and Mabuhay!

Aleza Espinosa MBA-HCM, BSN, RN, CVRN-BC
PNAMH President 2022-2024

