



The Advocate



Recognizing You in 2022

FROM THE DIRECTOR'S DESK

Lisa Lee Williams, D.Min, MaOM
Executive Director,
Office of the Ombudsman and Administrative Review

The Ombudsman Office of Administrative Review (OOAR) has just completed another year of remarkable accomplishments. In fiscal year 2021 we served over 75,000 citizens. The fact that you have all managed to maintain your productivity while working from home during a worldwide pandemic attests to the value that the Office of Ombudsman and Administrative Review is to the Cabinet and the Commonwealth of Kentucky. Though the pandemic seems reluctant to loosen its grip for now, it will end. Continue the good work. Take care of yourself and one another. It is my pleasure to work with a wonderful team!

Congratulations on a job well done! May 2022 bring peace, love and joy the whole year through!

Food for Thought: What will Your Personal Word Be in 2022?



Reminders:

Please get your flu and COVID vaccines!

Document submissions to The Advocate are due by the 24th of each month to:

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You Are What You Eat — Sometimes

Lots of people make New Year's resolutions to improve their eating habits and to get more physically fit.

It turns out that if you are stressed, your body may not be absorbing all the nutrients you were hoping to get from your food. Here's an interesting article for more information: <https://www.mindbodygreen.com/articles/how-anxiety-impacts-nutrient-absorption>.

If you are looking for some additional help in finding a suggested meal plan, *Eating Well* recently published the following 1500 calorie weekly meal plan: <https://www.eatingwell.com/article/287714/7-day-diet-meal-plan-to-lose-weight-1500-calories/>. You can easily find a meal plan that meets your particular calorie and physical needs by doing a simple Google search. Women should generally plan to eat between 1300—1500 calories to lose weight and men may wish to focus on 1800—2000 calories a day. You don't have to be perfect. But consistency definitely helps!

Finally, it can be fun and beneficial to encourage younger children to get in the practice of making and keeping a New Year's resolution. Here's an article parents will enjoy: <https://www.cnn.com/2022/01/03/health/kids-new-years-resolutions-wellness/index.html>.



Employee Spotlight: Imelda Pastrano, Executive Staff Advisor, Constituent Services



Imelda Pastrano, or “Emy” as she likes to be called, traveled far before arriving in Kentucky State Government. Born and raised in the Philippines, she graduated from West Visayas State University in 1991 with a Bachelor's degree in Biology and 3 years of Medical School.

Emy began her career with Kentucky State Government in 2000 as a Disability Adjudicator for the Department of Disability Determinations, later serving as a Trainer supervising medical consultants for over 11 years at the same Department. Following that, she worked in the Cooperative Disability Investigative (CDI) Unit as a Fraud Specialist working to identify Social Security Disability fraud. In June, 2020, Emy accepted her current position as Executive Staff Advisor in the Office of the Ombudsman and Administrative Review (OOAR) handling Constituent Services. In this role, Emy loves the opportunity to assist Kentucky's citizens and linking them with various Kentucky State Government programs, policies and regulations that she had not previously encountered. She also serves as a liaison resolving issues between the Legislators' offices, the Governor's office and other departments and agencies within the Cabinet for Health and Family Services (CHFS).

If that were not enough, Emy also serves as the Administrator for the Institutional Review Board, where she reviews human subject research requests from different entities. She also serves as the Small Business Ombudsman for CHFS. Emy reports directly to Dr. Lisa Lee Williams, Executive Director of OOAR.

Emy lives in Nicholasville, KY with her husband of 30 years, who is called Bud. He is a physical therapist and works with geriatric patients. They have two wonderful daughters, Briana and Kayla, who both work now as consultants.

“I am a food loving Filipina, so cooking is life. I like to try different cuisines and love growing my own herbs. I taught my girls how to bake and cook since they were very young, and I'm proud to say that they are just as passionate when it comes to food.” Emy herself recently graduated as an Integrative Nutrition Health Coach from the Institute for Integrative Nutrition. She likes to travel and enjoys learning about different cultures.

Mayo Clinic announces new Weight Loss Program

This is an online supported program where clients can choose from variety of programs and plans. <https://diet.mayoclinic.org/us/pricing/>. Check it out!

