



**NAVY MEDICINE**

WORLD-CLASS CARE... ANYTIME, ANYWHERE

Greetings & Welcome Aboard!

It is my pleasure to welcome you and your family to the Bureau of Medicine and Surgery (BUMED). My name is Kacey Howell and I am your Command Family Ombudsman. As your Ombudsman, it is my job to serve as a liaison between the command and our Navy families. I am here to provide you with official and accurate command information, as well as provide any resources or referrals you may need. I am available to assist you with emergency and routine requests.

I would like to tell you a little about myself. I have been a Navy spouse for 11 years and the Navy has sent my family to Spain, California, Texas, Washington State and our current home, Washington D.C. My husband and I have two elementary-aged children and have truly enjoyed the many adventures the Navy has afforded us. I have worked in the health care field for the last five years and currently work at Fairfax Health Center.

To facilitate communication between the command and our Navy families, BUMED uses a closed Facebook group page to connect with you. The page can be found at the following address: <https://www.facebook.com/groups/709200932449751/> Please visit our Command OMBUDSMAN page to find command information, ask questions you may have, connect with members in the command and find out about upcoming events in the area. Because this is a closed Facebook page, you must request access to site via the page. Please note that this page is not intended for sensitive information. Though we are a shore command, we still must still be cognizant of operational security. Any posts that violate operational security will be deleted.

You may contact me by phone between the hours of 8am-10pm, 7 days a week. In the event of an emergency contact me at any time. My contact information is listed below. I look forward to meeting and working with your family.

Thank you,

A handwritten signature in black ink, appearing to read 'Kacey Howell', with a long horizontal flourish extending to the right.

Kacey Howell

Cell phone (202) 841-7640  
kaceymarie@gmail.com