



Lisa Mayfield, MA, LMHC, GMHS, CMC

Principal, Fellow Certified Care Manager

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Lisa Mayfield founded Aging Wisdom® in 2003 recognizing early in her career that problem-solving and thoughtful, personalized care management were what most people needed, not therapy, to address the challenges and concerns of aging. When she discovered geriatric care management, she immersed herself fully in the profession, and Aging Wisdom was born.

Aging Wisdom is an Aging Life Care™ consulting, care management and home care practice that strives to bring peace of mind to families by both directly improving the quality of life for aging family members, and by providing consultation and coaching services for their families.

As a member of the Aging Life Care Association, Lisa has met stringent education, experience, and certification requirements and adheres to a strict code of ethics and standards of practice. She is an award-winning care manager and holds the distinction of being one of two Fellow Certified Care Managers in Washington State (the other Fellow is her business partner and co-principal Jullie Gray).

Trained and licensed as a Mental Health Counselor, Geriatric Mental Health Specialist and a Certified Aging Life Care Professional, Lisa brings over two decades of experience in mental health and vast expertise working with clients and families affected by Alzheimer's disease and related dementias. She is also a trained mediator and has worked for many years supporting families in conflict.

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It's not all about work. Lisa strives for balance in all things and finds it through traveling, walking and yoga, as well as time with family and friends.

EDUCATION

- Psychology, Antioch University, Seattle, WA
- Psychology, University of Puget Sound, Tacoma, WA

SERVICE

- Board President, Rotary First Harvest (07/01/2015 to present)
- Board of Directors – Aging Life Care Association (ALCA)
 - ~ Recipient B.J. Curry Spitler Community Service Award (2015)
 - ~ Past President (2014) of the Western Region Chapter of ALCA
- Board of Directors – Aging Studies, University of Washington Professional and Continuing Education

(UW PCE)

- Board of Directors – Rainier Club, Seattle
- Secretary, Board of Directors – Rotary 4, Seattle
- Advisory Committee – Frye Art Museum's Creative Aging Programs
- Advisory Board – Community Mental Health Counseling Program, Antioch University, Seattle
- Former Alzheimer's Association support group facilitator and volunteer, 2003 – 2013
 - ~ Awarded the prestigious Morey Skaret Leadership Award (2011) for exemplary volunteer leadership
- Former Adjunct Faculty, Antioch University, Seattle