



Katie Lamar, MA

Director of Creative Engagement

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“Our Creative Engagement Team are curators of joy who reduce our clients’ social isolation, so they can live their best lives.”

Katie's interest in older adult engagement began over twenty years ago when her grandmother was diagnosed with Alzheimer's disease, followed closely by the same diagnosis for her grandfather. Today, she keeps that inspiration close as she cares for her mom living with Alzheimer's and vascular dementia.

Katie completed her MA in Museology in 2015 and Certificate in Gerontology in 2019 at the University of Washington, with her research focusing on the well-being of care partners to individuals living with dementia and reducing social isolation in older adults. She also has a BFA in studio art and BA in French & European Studies from the University of Arkansas.

Before joining the team at Aging Wisdom, Katie had been with the University of Washington School of Social Work Advancement team for five years. She has worked in a variety of nonprofits, including the Walton Arts Center (Arkansas), the Alzheimer's Association – Washington State Chapter, and Town Hall Seattle.

Katie is an avid arts and education lover, regularly attending lectures, concerts, and visiting museums. She loves riding horses and exploring the PNW with her partner and three dogs. Katie has a long relationship with Creative Aging at the Frye Art Museum and continues to volunteer both at the Frye, as well as with Seattle Beagle Rescue. Katie is also a proud member of NOAH, the National Organization for Arts in Health, and the Board of Directors of Sound Generations.