

## **SPOTLIGHT:** ***Betsy Abramson***

**Q: What is your professional or volunteer background?**

**A:** I just recently retired from a 35 year career in aging. I was Director of the Elder Law Center at the Coalition of Wisconsin Aging Groups, worked in domestic violence in later life, elder abuse, guardianship and adult protective services, long-term care and economic security. The last ten years I was Executive Director of the Wisconsin Institute for Healthy Aging, focusing on implementing evidence-based (proven) programs in healthy aging—like the Stepping On Falls Prevention program that has been held at Capitol Lakes and others focusing on diabetes self-management, caregiver support, incontinence prevention, increasing physical activity and others. As a volunteer, I work on issues of social justice at my synagogue, Temple Beth El, racial justice and a lot of political campaigns.

**Q: What do you like to do when you're not volunteering for Capitol Lakes?**

**A.** As a very recent retiree, I'm just figuring that out, but I love to be outdoors so I cross-country ski and walk in the winter, and I bicycle and hike in the summer. I also love to read, knit, cook, travel when we can again, and hang out with my husband and four fabulous grandkids, age 21 months to 6.