

participant well-being. A convenience sampling was used to recruit participants from Central Texas (N = 51): 34 were community-dwelling adults aged 65 and above, and 17 were university students aged 18-25 years. The study used a pretest-posttest, quasi-experimental design and focus group interviews. Randomly selected 18 older-adult participants were paired with young-adult participants as an exercise buddy for each other to attend 8 weekly Tai Chi or Chair Yoga classes at a community center. Meanwhile, 16 older-adult participants formed a control group attending different exercise classes without young-adult buddies. The survey results show that, compared to the control group, the intervention group (n = 35) had significantly greater satisfaction with life ($p < .09$) and a more positive attitude towards aging ($p < .01$) after attending exercise classes with their buddies. In focus group interviews, the participants most frequently mentioned that commitment to their buddies as a key factor for class attendance. The participants typically perceived that their buddies were pleasant and did not judge or treat them based on their age. They stressed the positive effects of building relationships with all involved in the program, including the exercise instructors. Meanwhile, control-group participants wished that they, too, had buddies. Although the study should be replicated with a larger sample, its findings suggest that an intergenerational exercise program offers added benefits for participants.

SLEEP QUALITY AND DEPRESSIVE SYMPTOMS IN LATER-LIFE: CROSS-SECTIONAL EXAMINATION OF COGNITIVE MECHANISMS

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Sleep quality relates to depressive symptom endorsement. The mechanisms relating these variables are not clearly elucidated, though inhibitory control and rumination are believed to play key roles. The current study aims to elucidate the relationship between sleep quality and depressive symptoms by examining the moderated mediating effect of inhibitory control and rumination. The sample included 41 community-dwelling older adults (age 70 and older). Measures included the Pittsburgh Sleep Quality Inventory, a Stroop task (inhibitory control), the Ruminative Responses Scale, and the Geriatric Depression Scale. A series of bootstrapped models were employed to test hypotheses using a stepped approach. Poorer sleep quality was associated with higher rumination and depressive symptoms; however, these associations were no longer significant among older adults with higher inhibitory control. The association between sleep quality and depression was fully attenuated by rumination, and inhibitory control significantly moderated the association between sleep quality and rumination in the final model. Among community-dwelling older adults, the association between sleep quality and depression is mediated by rumination, and this effect is mitigated by inhibitory control. As such, these findings suggest that inhibitory control may be a relevant target for intervention in older adults with poor sleep quality, rumination, and depressive symptoms.

TRANSCRIPTOME ALTERATIONS ASSOCIATED WITH AGE-RELATED DECLINE IN PHYSICAL FUNCTION.

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One inevitable consequence of the effect of age on our bodies is the graduated deterioration of physical function and exercise capacity, driven, in part by the adverse effect of age on muscle tissue. Our primary purpose was to determine the relationship between patterns of gene expression in skeletal muscle and loss of physical function. We hypothesized that some genes that change expression with age would correlate with functional decline, or conversely with preservation of function. Male C57Bl/6 mice [adults (6-7 months old, n=9), older (24-25 months old, n=9), and elderly (28+ months of age, n=9)] were tested for physical ability using a comprehensive functional assessment battery [CFAB, a composite scoring system: comprised of the rotarod (overall motor function), grip strength (fore-limb strength), inverted cling (4-limb strength/endurance), voluntary wheel running (activity rate/volitional exercise), and treadmill tests (endurance)]. We extracted RNA from the tibialis anterior muscles, ran RNAseq to examine the transcriptome using an Illumina NextSeq 550, comparing adults (n=7) to older (n=7) and elderly mice (n=9). Age resulted in gene expression differences of 1.5 log₂ fold change or greater ($p < 0.01$) in 46 genes in the older mice and in 252 genes in the elderly (both compared to adults). Current ongoing work is examining the physiological relevance of these genes to age-related loss of physical function. We are in the process of using linear regression to determine which of the genes with age-related changes in expression are associated ($R > 0.5$ and $p < 0.05$) with functional status as measured by CFAB.

TEACHING MOTIVATIONAL INTERVIEWING OF OLDER ADULTS IN AN INTERPROFESSIONAL EDUCATION SETTING: A PILOT STUDY

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Motivational interviewing (MI), a person-centered method of strengthening personal motivation for change, improves health behaviors (i.e. blood pressure control) in older adults. However, literature lacks exploration of teaching MI in interprofessional and geriatric settings. We sought to pilot and assess the utility of an MI curriculum for an interprofessional group of second-year graduate students (medical, physician assistant, nursing, and speech pathology) working with older adults. The 5-week curriculum included a 2-hour interactive workshop, a geriatric standardized patient (SP), and small group meetings with a geriatric community member. We employed a pretest/posttest design to assess perceived importance and confidence using a 5-point Likert scale and knowledge acquisition using a modified version of the