

a structured set of questions to recall and write about their earliest and most significant losses. The narratives were qualitatively analyzed using the constant comparative method associated with grounded theory. Results indicated a grandparent's death was the most frequently reported significant loss, reflecting the value of intergenerational relationships and the long-lasting impact of grandparent death. Themes also emerged concerning participants' reports of the benefits of actively remembering and reflecting on loss, as well as learning from others' losses, which further deepened their views of death. These findings highlight how early memories of death, including one's grandparents, can have lifelong impact.

## SESSION 5675 (SYMPOSIUM)

### MICRO- AND MACRO-LEVEL TIME ASSOCIATIONS: HOW DAILY LIFE SETTLES INTO LONGER-TERM PROFILES

Chair: Raquael Joiner  
Co-Chair: Niccole Nelson  
Discussant: Stacey Scott

Over a decade ago, Ram and Gerstorf (2009) proposed a descriptive framework to unite the study of intraindividual variability, operating at the micro-level timescale (e.g., minutes, days), and intraindividual change, operating at the macro-level time scale (e.g., years, decades). Since this proposal, several aging theories have incorporated a micro-level time component in their conceptualizations of longer-term aging processes. Furthermore, technological advancements have eased difficulties associated with data-collection at micro-level timescales, leading to an upsurge of empirical investigations of dynamic characteristics and dynamic processes. This session presents theoretical, quantitative, and qualitative research aimed at better understanding the associations between micro- and macro-level time. More specifically, 1) Nelson et al. present their novel theoretical framework linking micro-level time emotion regulatory processes to intraindividual trajectories of cognitive functioning, 2) Joiner and colleagues present a quantitative study assessing the association between daily emotion-dynamics and yearly trajectories of depressive symptomatology, 3) Bergeman et al. present a quantitative study of daily risk and resilience in relation to trajectories of health and well-being, and 4) Bouklas and colleagues present a qualitative study linking individuals' daily routines and behaviors to their general life outlooks. The quantitative and qualitative studies are based on available data from the The Notre Dame Study of Health & Well-Being, a 10-year, nested-longitudinal study that incorporates yearly questionnaires, five 56-day measurement bursts, and interview data. Discussant Stacey Scott will synthesize the presentations with Ram and Gerstorf's framework and encourage researchers to integrate shorter- and longer-term timescales into their theoretical and empirical work on aging.

### DEPRESSION DYNAMICS ACROSS A DECADE: DAILY AFFECTIVE EXPERIENCE AND YEARLY DEPRESSIVE SYMPTOMATOLOGY

Raquael Joiner,<sup>1</sup> C. S. Bergeman,<sup>2</sup> Lijuan Wang,<sup>2</sup> Guangjian Zhang,<sup>2</sup> and Kristin Valentino,<sup>2</sup> 1. *University of Notre Dame, Mishawaka, Indiana, United States*, 2. *University of Notre Dame, Notre Dame, Indiana, United States*  
GSA 2020 Annual Scientific Meeting

Recent conceptualizations of depression and supporting empirical work suggests that elevations and alleviations of depressive symptoms can be understood from a dynamic systems perspective. Specifically, depression is proposed to result from strong-feedback loops in a system comprised of highly interdependent component parts (e.g., affect states). Supporting this perspective, individual differences in emotional inertia and strong connections across emotions at micro-level timescales have been consistently associated with individual differences in depressive symptomatology such that individuals with greater emotional inertia and cross-emotion relations show higher levels of depressive symptoms. Importantly, however, individual differences do not necessarily translate to intraindividual change. The present study explores whether emotional connectivity at the daily timescale differs within individuals across a ten-year span and how these associations relate to intraindividual changes in depressive symptomatology. The results of these individual-level analyses will help further a dynamic systems perspective of depression and help inform clinical interventions for depression.

### COGNITIVE ENRICHMENT THROUGH EMOTION REGULATION: A MODEL OF SUCCESSFUL COGNITIVE AGING

Niccole Nelson, Cindy Bergeman, and Nathan Rose,  
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Cognitive Enrichment Through Emotion Regulation (CENTER) is a theoretical framework of development that emphasizes the role of individuals finding their proverbial "centers" in shaping their cognitive aging trajectories. Within the CENTER framework, dynamic interactions between emotion regulatory processes that occur in real time (i.e., micro-level time), and global psychological well-being that develops over several years (i.e., macro-level time), aid in the optimization of cognitive aging. Indeed, by successfully regulating emotional reactions to stress in real time, which is supported by global psychological well-being, individuals will minimize their accumulation of allostatic load across the lifespan. Such minimization of allostatic load is key to optimizing cognitive aging through emotion regulation under the CENTER framework. CENTER will be motivated by fusing research on cognitive aging, emotion regulation, stress-and-coping, allostatic load, and psychological well-being.

### A LONGITUDINAL RESERVOIR MODEL OF STRESS DISSIPATION AND THE INFLUENCES OF CONCOMITANT PERCEPTIONS OF CONTROL

C. S. Bergeman,<sup>1</sup> Raquael Joiner,<sup>2</sup> Niccole Nelson,<sup>1</sup> and Pascal Deboeck,<sup>3</sup> 1. *University of Notre Dame, Notre Dame, Indiana, United States*, 2. *University of Notre Dame, Mishawaka, Indiana, United States*, 3. *University of Utah, Salt Lake city, Utah, United States*

To characterize the stress regulation system, we use a reservoir to reflect how much stress an individual "holds" over time. Factors affecting what is contained in a stress reservoir are incoming stress (Input), accumulation/dissipation (Strdiss), and actions taken to discharge stress (e.g., Control). At the within person level, time-varying control predicts better Strdiss ( $\beta = -0.03 \pm 0.01$ ,  $p < .001$ ), even when controlling for between

person differences (e.g., age, neuroticism) and between and within person impacts of Input. Thus, control reflects an important stress dissipation tool. Further analyses indicated a significant 2-way interaction between time-varying effects of Input and Control ( $\beta = 0.14 \pm 0.03$ ,  $p < .0001$ ) and Strdiss and Control ( $\beta = 0.60 \pm 0.18$ ,  $p < .001$ ) on self-reported health and a significant 3-way time-varying interaction of Input, Strdiss and Control on depression ( $\beta = -0.173 \pm 0.07$ ,  $p < .012$ ). Studies of this type move beyond the static assessments of risk and resilience to a more dynamic one.

#### A QUALITATIVE ANALYSIS OF THE RELATIONSHIP BETWEEN OLDER ADULTS' DAILY LIVES AND LIFE OUTLOOK

Isabella Bouklas,<sup>1</sup> Giancarlo Pasquini,<sup>1</sup> Renee Gilbert,<sup>1</sup> Cindy Bergeman,<sup>2</sup> and Stacey Scott,<sup>1</sup> 1. *Stony Brook University, Stony Brook, New York, United States*, 2. *University of Notre Dame, Notre Dame, Indiana, United States*

Leading theories of adult development suggest age-related changes in one's life perspective and changes in one's priorities are reflected in daily behavior. The present study explored how older adults understand their current lives through a qualitative study of midwestern Americans. Twenty-four participants (Mage= 69.53 years; age range=63-78 years) from the Notre Dame Study of Health & Well-Being (Whitehead & Bergeman, 2014) completed semi-structured interviews in which they were asked about turning points across their lives. Inductive analysis using the constant comparative method (Maykut & Morehouse, 1994) resulted in 10 life-domains based on common descriptions across participants. These domains represented the ways in which participants understood their identities over the course of their lives, as well as their organization and use of time and space in daily life. Participants' descriptions of both general life outlook and daily life informed one another, revealing the dialectical relationship between micro-level behaviors and macro-level attitudes.

#### SESSION 5680 (SYMPOSIUM)

##### NEEDS OF AND SERVICES FOR GRANDPARENTS RAISING GRANDCHILDREN: REGIONAL, NATIONAL, AND INTERNATIONAL PERSPECTIVES

Chair: Youjung Lee

Discussant: Deborah Whitley

Grandparents raising grandchildren build strong foundations for their grandchildren. Despite grandparents' significant contributions to their grandchildren's future and society in general, there is a limited understanding of the unique needs and service utilization of grandparents raising grandchildren in various contexts. This symposium is focused on the needs of and services for the grandparent population at the regional, national, and international levels. Stucki will present findings from an examination of types and locally available services for grandparents raising grandchildren in Appalachia by sub-region. Musil and colleagues will discuss the service need utilization and unmet service needs of a nationwide sample of 284 grandmothers living with/ raising grandchildren and the relationships between service use/need and resilience, resourcefulness, perceived stress, reward, and appraisals of their current living environment for themselves

and their grandchildren. Lastly, Lee will describe research findings from her comparative transnational research on needs and experiences of grandparents raising grandchildren in Malawi (n=29), South Korea (n=23), and the U.S. (n=23). Unique needs and cultural interpretation of intergenerational caregiving in each country will be presented. The symposium discussion will address diverse needs of grandparents raising grandchildren and strategies to meet those needs at regional, national, and international levels. Grandparents as Caregivers Interest Group Sponsored Symposium.

##### SERVICE NEED UTILIZATION AND UNMET SERVICE NEEDS OF GRANDMOTHERS LIVING WITH OR RAISING GRANDCHILDREN

Carol Musil, McKenzie Wallace, and Alexandra Jeanblanc, *Case Western Reserve University, Cleveland, Ohio, United States*

This study explores the service need utilization and unmet service needs of a nationwide sample of 284 grandmothers living with/raising grandchildren, and the relationships with service use/need, perceived stress, reward, and appraisals of their current living environment for themselves and their grandchildren. Participants were asked whether they currently used, had unmet need for, or did not need 25 different support services, including babysitting, financial assistance, legal assistance, family therapy/communication, among others. Overall, 89.5% (N=255) were receiving at least 1 service (mean = 3.4, range 0-18), and 89.1% (N=253) reported having at least 1 unmet service need (7.4, range 0-23). Receiving services was positively correlated with psychosocial resources, but not with appraisals of stress, reward, or living situation. Unmet service needs were inversely correlated with psychosocial resources, reward, and appraisals of living situation. Implications of these varying patterns will be discussed. Part of a symposium sponsored by the Grandparents as Caregivers Interest Group.

##### GRANDPARENTS RAISING GRANDCHILDREN IN APPALACHIA: AN EXAMINATION OF AVAILABLE SERVICES

Bradford Stucki, *Virginia Tech, Blacksburg, Virginia, United States*

Previous research indicates that higher numbers of grandparents raising grandchildren live in Appalachia, relative to the rest of the United States. These grandparents may have diverse needs that could benefit from services. When grandparents cannot access needed services, their well-being can be negatively affected. Using the "2017 GrandFacts: State Fact Sheets for Grandfamilies" for the 13 states defined as being part of Appalachia by the Appalachian Regional Commission, this study examined the types and availability of local services by Appalachian sub-region. Excluding state and federal public benefits, most common service types were emotional support, information and referral, financial assistance, and education. Least common service types included grandchild special health needs, legal services, and early childhood intervention. For service availability, four of the five Appalachian sub-regions had no services in over 65% of their counties. South and North Central Appalachia regions had no services in over 90% of their counties. Part of a symposium sponsored by the Grandparents as Caregivers Interest Group.