the growing number of older adults in contemporary Japanese society report feeling lonely. Thus, the well-being of Japan's aging population is a major concern. While the negative effects of loneliness on perceived well-being (e.g., happiness) in later life have been well documented in western nations, relatively little is known from a Japanese context. Thus, we utilized a sample (n = 258) of urban community-dwelling Japanese adults age 65 years and older from the 2012 Survey of Mid-Life in Japan (MIDJA) to examine the association between happiness and loneliness. Consistent with findings from western nations, we identified strong links between happiness and loneliness in Japan. Results from ordinal logistic regression models showed that loneliness (OR = 0.80, p < 0.05) was negatively associated with happiness even after accounting for sociodemographic characteristics. Additionally, this study examined relevant demographic and cultural characteristics in order to contextualize the findings and identify possible explanations. For example, the cultural importance of family ties and gendered family roles was discussed in relation to the likely impact that increased levels of loneliness will have on the well-being of older Japanese adults. In sum, if the well-being of Japan's rapidly aging population is to be maintained (or possibly even enhanced), then the growing societal issue of loneliness must be addressed.

LONGITUDINAL RELATIONSHIPS BETWEEN RESOURCES, MOTIVATION, AND ENGAGEMENT IN COGNITIVELY DEMANDING ACTIVITIES
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Selective Engagement Theory (SET; Hess, 2014) suggests that decreases in personal resources and increases in the costs associated with activity engagement in old age negatively influence the motivation to engage in cognitively demanding activities. Here we explore these ideas longitudinally including a wide range of personal resources (cognitive ability, physical health, emotional health, and sensory functioning), with the expectation that emotional health might be a particularly important resource for older adults given its relative preservation with age. Young (n = 125; age 19-42 at Time 1) and older adults (n = 183; age 60-85 at Time 1) were tested from two to five times between years 2010 and 2016. Resources, motivation, and self-reported activity engagement (VLS Activity Questionnaire) were assessed at each time point. Using multilevel structural equation modeling, we found that changes in emotional health and sensory functioning predicted changes in motivation to engage in cognitively demanding activities. Additionally, increases in motivation predicted increases in engagement in cognitively demanding activities (e.g., technical, developmental), but decreases in less demanding activities (e.g., TV watching). Lastly, motivation partially mediated the relationships between emotional health and these activities, as well as between sensory functioning and engagement in technical activities. Results provide support for SET, demonstrating associations between changes in resources, motivation, and engagement in activities that are particularly demanding of cognitive resources, with the strength of these relationships being stronger in older than in young adults. Our results suggest that emotional resources may be particularly influential in determining the motivation for activity engagement in later life.

THE INFLUENCE OF EMOTIONAL IQ ON THE LAGGED RELATIONSHIPS BETWEEN MOMENTARY PAIN AND AFFECT IN OLDER ADULTS
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Emotion regulation is influenced by stage of life and time perspective (Carstensen, 1992), with older adults placing greater emphasis on optimizing positive moods and repairing negative ones. Recently, there has been growing interest in emotional intelligence (EI) as a broad indicator of these mood regulation processes. Multiple cross-sectional studies have examined EI, pain and affect in older adults with chronic pain; however, little research has addressed these relationships in temporal context. The current microlongitudinal study addressed this gap by examining (1) lagged relationships between momentary pain and affect, (2) main effects of emotional intelligence (mood attention, clarity and repair) on those relations, and (3) the moderating role of CI on lagged relationships between pain and affect. Three hundred twenty-five older adults (mean age = 63.9) with knee osteoarthritis completed in-person interviews and received four phone calls daily (random within 4-hour blocks) for one week. Multilevel models examined the predictive value of affect from the previous call on current pain, and vice versa, controlling for sociodemographic variables. Across all outcomes (positive affect, negative affect, pain), a significant main effect was found for mood clarity and repair, but not attention. However, EI did not moderate lagged associations between momentary pain and affect. Average pain (across the 28 calls) significantly predicted momentary negative affect, and vice versa. Thus, while emotional intelligence is significantly related to momentary mood states, it does not appear to be related to momentary pain. Implications and ideas for future research are discussed. (R01-AG041655, P. Parmelee & D. Smith, Co-PIs)

RETIREES’ MEMORIES OF WORK LIFE AND WELL-BEING AFTER RETIREMENT: A QUALITATIVE INQUIRY
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Reminiscence research has grown immensely in the past 30 years. Yet, research on personal memories of work lives is lacking. This is surprising because work is a crucial aspect of many people’s lives and an important life story chapter (Thomsen, Pillemer, & Ivicevic, 2011). Part of a larger project, the present qualitative study aimed to understand (1) what retirees remember about their work lives and (2) whether and how retirees tie those memories to their current well-being. Six in-depth interviews on lives before and after retirement (4 women and 2 men with different careers, age range 65 to 87 years) were conducted and transcribed verbatim. Findings of a thematic analysis (Braun & Clarke, 2006) revealed that participants reported both big and small stories. They first narrated landmark events (e.g., job loss after the Fall of the
German Wall) and continued to recount many little incidents (e.g., a child asking an unretiring teacher if she is now “done with retirement”). Additionally, participants not only reminisced about work itself (i.e., what jobs were like) but equally about workplace relationships (e.g., particularly positive or negative relations with supervisors). Despite difficult times at work, participants reported that they were now at peace with how things went and generally satisfied with their current lives. We discuss how the type (i.e., big or small) and content (i.e., work- or relationship-focused) of retirees’ memories and positive meaning-making (i.e., recounting work lives in a positive light) may contribute to well-being and propose a conceptual model for future research.

EMOTIONS SURROUNDING THE 2018 MIDTERM ELECTIONS
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Over the adult life-span there is a self-reported shift in daily life emotions towards feeling less negative and more positive. We hypothesized that variations in emotion regulation behavior over the life-span could explain why aging is associated with this “rosy glow”. We collected survey data from 400 adults on Prolific (18-90, M = 47, SD = 16) at three time points: once before and two times following the 2018 Midterm Elections. We collected political engagement ratings, baseline emotion ratings, emotion ratings following the election, and self-reported emotion regulation behavior (e.g., situation modification, situation selection, reappraisal, seeking social-support). In our analyses we treated age as a continuous variable predicting differences in emotion ratings and emotion regulation reports. Consistent with past research, age predicted a decrease in negative and an increase in positive emotions at baseline (before the election). Controlling for political affiliation and we found that age predicted a lower likelihood of using social support regulation and situation modification. We also found that age was inversely predictive of the use of multiple strategies, such that younger adults are more likely to rely on a larger array of regulatory strategies than older adults. These results suggest that age-related differences in self-reported emotions in daily life may be attributed to a reduction in regulation-strategy usage over the life-span, and perhaps a reduced need to regulate negative emotion.

SESSION 1390 (POSTER)
MENTAL HEALTH
RELATED FACTORS OF MENTAL HEALTH WELL-BEING IN THE PARTICIPANTS OF SENIOR CITIZENS’ COLLEGE
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The aim of this study was to clarify the mental health well-being and its related factors of participants in senior citizen’s college. The participants were 364 persons (age 69.4±6.1) aged sixty years or over living in Hyogo Prefecture, Japan. We conducted a cross-sectional study that included age, family structure, employed status, self-related health, presence of chronic disorders, Instrumental ADL (TMIG index of competence score), dietary variety score (1-10), cognitive social capital, structural social capital, the scales of grandchild-grandparent relationships, Japanese version of the abbreviated Lubben Social Network Scale (LSNS-6), the frequency of going outdoors, and Mental health well-being was assessed using the Japanese version of the World Health Organization Mental Health Well-being Inventory five items, WHO-5. We carried out the surveys in October in 2018. The total score of WHO-5 was 19.6±4.7 among all participants. From the results of multivariate logistic regression analysis, “social isolation” (OR=4.001, 95%CI=1.584-10.043) was independently associated with low mental health well-being (WHO-5). These results suggest that, to advance the well-being of the elderly, it is necessary to develop and implement the projects which promote social functions including close relationship with others, neighbors or family members.

MEASURING MINDFULNESS IN OLDER ADULTS: A LITERATURE REVIEW OF EXISTING MEASURES
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Mindfulness is the process of non-judgmental, present-moment awareness and has increasingly been used in psychotherapy. Self-report measures that assess mindfulness are vital in clinical research and practice in order to determine the effectiveness of mindfulness-based psychotherapies. Many mindfulness measures have been developed, but it is unclear which measures have been validated with older adults. The purpose of this review was to identify measures that have been validated in adults age 50 and older. PubMed was searched through March 2019. Search terms were “mindfulness” and terms denoting measurement (e.g., “measure,” “measurement”). Review articles, dissertations, and non-English publications were excluded. Articles were independently evaluated by three raters. Studies describing measures that did not exclusively evaluate mindfulness were excluded. Sixty-two articles were included and described 27 mindfulness measures. The most frequently studied measures were the Five Facet Mindfulness Questionnaire (n=13) and the Mindfulness Attention Awareness Scale (n=14). Only three psychometric studies had a participant sample with a mean age of 50 and over, with one study having a sample with a mean age of 71. The measures evaluated in these studies were the Five Facet Mindfulness Scale and Langer Mindfulness Scale. Eighteen studies included some older adults, though the numbers were not large enough to yield a mean age over 50. Validation of mindfulness measures in adults age 50 and over has been largely neglected. Additional psychometric research is needed to validate commonly used measures in this population.

THE AGING JOURNEY RAILWAY, ILLICIT DRUG (DE) RAISLS, AND CARE: OLDER USERS IN BRAZIL AND PORTUGAL
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The aging journey railway, illicit drug (DE) rails, and care: older users in Brazil and Portugal. This study aimed to analyze the use of illicit drugs among older adults in Brazil and Portugal, and to identify factors associated with drug use and its consequences. The study included a cross-sectional survey of older adults (age ≥60 years) in Brazil and Portugal. The survey was conducted in both countries, with a total of 450 respondents. The survey included questions related to demographics, drug use, and consequences of drug use. The results showed that drug use among older adults is a significant issue in both countries, with higher rates in Brazil. Factors associated with drug use were identified, such as social isolation, mental health problems, and lack of access to care. These findings highlight the need for targeted interventions and policies to address the use of illicit drugs among older adults in these countries.