to other participants who were familiar with the exercise several times by inquiring how to read kanjis on teaching materials. These findings suggest that visualization of skill relative to the other creates an environment for initiating face-to-face interaction. In this case, the newcomer utilized the difference in skill denoted by teaching materials and was given the rational reason to talk to the others already engaging in the activity. Therefore, designing teaching materials that assign the learning level of each participant may be effective in promoting social participation in senior study clubs.

SOCIAL NETWORK SIZE AND FREQUENCY OF ELECTRONIC COMMUNICATION: THE RELATIONSHIP TO INTERPERSONAL STRESS

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Social relationships are beneficial for psychological wellbeing, but they are also associated with interpersonal stress. With the growing usage of multiple forms of electronic communications (EC) including phone calls, text messages, video chat, and internet among adults of all ages, it was of interest to explore the relationship between social network size (SNS), in-person communication (PC), and EC, and whether the relationship between SNS and frequency of communication is associated with interpersonal stress. A daily diary study was conducted over seven days for 142 participants ages 22 to 94. SNS was assessed with the social convoy model. Frequency of PC and EC, along with interpersonal stress, were assessed daily. As expected, multiple regression analysis results showed that older adults had smaller SNS and less frequent technology communication (text messages, video chat, internet) compared to younger adults. With regard to effects on interpersonal stress, there were no main effects for frequency of PC, EC, or SNS. However, the frequency of EC moderated the relationship between SNS and interpersonal stress, controlling for amount of PC. Among those with a smaller SNS, having more frequent EC was associated with less interpersonal stress compared to those with less frequent EC. For those with a larger SNS, having more frequent EC was associated with more interpersonal stress compared to those with less EC, but PC was not related to interpersonal stress. The discussion will consider implications of the findings for developing interventions to minimize stress from interpersonal communications, especially those that involve EC.

BUILDING SOCIAL CAPITAL: LESSONS FROM A SWISS ACTION-RESEARCH INTERVENTION

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Social capital interventions to promote healthy aging seem promising, but recent evidence has questioned how social capital is constructed. In order to understand how social capital is built among older adults, this study draws from the diagnostic phase of one ‘Neighbourhoods in Solidarity’ (NS) intervention, which uses action research to promote wellbeing for older adults (55+) in Swiss communities. These findings arose from ethnographic fieldwork with 77 hours of observation during group gatherings and informal interviews with participants who identified and debated issues in their community. It became evident that the geographic space and the sense of identity that citizens attached to it (herein referred to as ‘place’) played a role in how the NS intervention developed. The community was divided into two groups with distinct identities: one in the north and one in the south. The sense of place for both groups was simultaneously disrupted when outsiders moved to both areas, exacerbating tensions. The NS brought the two groups together and helped develop social capital between them. This was highlighted by the changing willingness of citizens to navigate unfamiliar spaces, to create social ties, and to trust others. The NS helped create a new sense of place for citizens, which ultimately facilitated the creation of social capital in the community. The findings suggest that identities are dynamic and play a role in constructing social capital, as well as who benefits from social capital and who may be excluded. Lessons from this research may inform future social capital interventions.

SOCIAL SUPPORT AND SOCIAL RESOURCES PREDICTING LIFE SATISFACTION AMONG CENTENARIANS AND OCTOGENARIANS

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Although much research has assessed the relationship between social support and life satisfaction for older adults, there is little information on how social support predicts life satisfaction over and above social resources among very old people. The purpose of this research was to determine pathways from demographic variables, social resources, and social support to life satisfaction. Data from 208 cognitively-intact centenarians and octogenarians of the Georgia Centenarian Study (GCS) were analyzed using multiple regression analyses to evaluate pathways from social resources via social support to life satisfaction. Three different models were analyzed in the GCS sample: one with a combined group of octogenarians and centenarians, one with only octogenarians, and one with only centenarians. Path models included: demographic variables (gender, ethnicity, residential type, and age in years) to social resources to social provisions to life satisfaction. Results in the combined older adult group showed that residence type significantly predicted social resources, β = -.19, p < .05, and social provisions significantly predicted social resources, β = -.26, p < .05, and social provisions significantly predicted life satisfaction, β = -.16, p < .05. Results in the centenarian sample showed that both residence type and age significantly predicted social resources, β = -.19, p < .05, and β = -.17, p = .05, respectively, and social resources significantly predicted social provisions, β = .18, p = .05. Overall, results indicate the uniqueness of the centenarian population and their paths to high life satisfaction through social resources and support.

SELECTIVE NARROWING OF PERIPHERAL SOCIAL NETWORKS PREDICTS POOR LONG-TERM COGNITION IN OLD AGE

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Socioemotional selectivity theory posits that emotionally meaningful goals such as spending precious time with close
family and friends are prioritized in late life as a function of limited future time horizons. Research documents that older individuals include a smaller proportion of peripheral social partners than younger individuals in their social networks, and that this selectivity is associated with better daily emotional experience (English & Carstensen, 2014). Such limitation of social partners, however, might adversely affect cognitive function in the long run, since exposure to novel and cognitively stimulating environments has been tied to better cognitive functioning (Park et al., 2014). The current study examined the long-term association between proportions of peripheral social partners in older adults’ social networks and cognitive performance. Sixty-one older participants (Mage = 71.53) reported the size of their inner, middle, and outer social circles using the Social Convoy Questionnaire (Kahn & Antonucci, 1980) and completed Digit Span Backward, Digit Span Forward, and Digit Symbol tasks at baseline and five years later. Results of multiple regression analysis show that participants who had a smaller proportion of social partners in their outer social circle at baseline performed poorer on the Backward Span task assessed five years later than those with a larger outer circle proportion. Results hold controlling baseline cognition, physical health, age, SES, education, and trait openness. We discuss the findings in terms of potential tradeoffs between the age-related social selection and working memory in the long run.

KIN NETWORK DYNAMICS OVER THE LIFE COURSE AND HISTORICAL TIME IN 19TH-CENTURY ORKNEY, SCOTLAND
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Kin are important sources of social, instrumental, and financial assistance for older adults. Support from kin is associated with improved wellbeing and longer lives among this age group, yet few longitudinal studies examine information on the composition and structure of kin networks beyond dyadic relationships, such as those between spouses or parents and their children. This study examines the dynamics of non-dyadic measures of kin networks among adults over age 60 using multiple longitudinal linked data sources from North Orkney, Scotland, 1851-1911. Reconstructed individual life courses (N=4,946) and genealogies, in combination in spatial information concerning the proximity non-coresident kin, are used to examine change in kin availability and propinquity over the life course and across historical time. Orkney provides an interesting case study; as information is available on individual-level change in kin availability with a long period of follow up during a time of population change. The study period covers the early stages of population aging and depopulation of the islands, which began in the 1870s in this community. A descriptive analysis of kin network change is presented. Kin availability is associated with longer lives in this sample. The presence of co-resident kin is associated with economic status, after controlling for other factors. Older adults who receive poor relief are significantly more likely to live alone and less likely to live with kin, and the association is stronger for men than for women.

EXPANDING SOCIAL TIES AS A GOAL IN LATER LIFE: THE ROLE OF SOCIAL NETWORK CHARACTERISTICS
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Older adults often winnow their social ties to focus on emotionally rewarding ties (Charles & Carstensen, 2010). Some older adults, however, have small social networks that preclude much winnowing or aversive social ties from which disengagement is difficult. These individuals might be motivated to expand, rather than contract, their social ties. The current study sought to extend knowledge regarding potential links between social network characteristics and older adults’ interest, effort, and success in creating new social ties. We expected that small social networks and negative social ties might motivate interest and effort directed toward forming new social ties but that positive social ties might foster success in efforts to form new ties. In-person interviews were conducted with participants (N = 351, Mean age = 74.16) in larger study of older adults’ social networks and well-being. The interviews assessed participants’ social networks, as well as their interest, effort, and success in making new social ties. Participants’ social network composition, rather than size, was associated with greater motivation to establish new social ties. Negative social ties were associated with greater interest and effort directed toward forming new social ties. Positive social ties were related to greater success (due, in part, to their support provision) and, unexpectedly, were also related to greater interest and effort directed toward forming new ties. Older adults sometimes seek to expand, rather than contract, their social ties, and characteristics of their social networks appear to play a role in fueling and influencing the success of such efforts.

FREE TRANSPORTATION SERVICE RECIPIENTS MAY HAVE BETTER QUALITY OF LIFE BUT STILL LACK IN IMPROVING HEALTH
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This study aimed to determine if service recipients (SRs) of free transportation services experience better quality of life, health, and function compared to pre-service recipients (PSRs). We conducted a cross-sectional study using personal interviews with 43 PSRs and 30 SRs belonged to a volunteer organization. Outcome measures were Older People’s Quality of Life (QoL), Center for Epidemiology Study-Depression, and Instrumental Activities of Daily Living (IADL). Total sample (N=73) had a mean age of 78.5 years and mostly female (86.3%). The majority of PSRs wanted to go to Drs’ offices (74.4%) and Grocery stores (60.5%), followed by Drug stores (44.2%), when the service becomes available. The figures were substantially smaller among SR (40.0%, 30%, and 13.3%, respectively). In PSRs, 67.4% expected to improve health once they start receiving the service, and 70.0% of SRs said it did with the service. Using independent t-tests, SRs were significantly better in depression (p<.001), IADL (p=0.29) and most QoL items (life overall, social relationship, home and neighborhood, psychological and emotional well-being and leisure and activities; p=.047-p=.001), except for perceived health and finance. SRs (100%) were very satisfied with the service and drivers, but 80% of SRs said they

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