pressure measures during a separate clinic visit. A greater number of stressful days was associated with increased systolic blood pressure, but only among individuals with higher positive affect reactivity (B = 15.11, SE = 6.36, p = 0.02). Results suggest that individuals who maintain positive affect when experiencing stressors may have lower risk of heightened systolic blood pressure, contributing to the growing evidence that positive affective reactivity may be protective against daily stress.

DO MORE EMPATHIC OLDER ADULTS RUMINATE MORE? EMOTION REGULATION MATTERS
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Older adults differ in their responses to distress, and those who tend to ruminate report poor health. We sought to examine whether trait empathy, the tendency to share and understand others’ distress, underlies rumination, and whether this association varies by emotion regulation. Participants included 289 adults aged 65+ in the Daily Experiences and Well-being Study. They reported demographics, empathy, general preferences for emotion regulation strategies, and affect throughout the day as well as daily rumination. Empathy was associated with greater rumination, which was particularly evident in older adults who preferred avoidant strategies. We also found that the link between empathy and rumination was attenuated on days when older adults had lower negative affect variability. This study identifies empathy as a key factor that underlies individual differences in rumination, a key precursor of psychopathologies, and also suggests emotion regulation as a promising target of interventions that can promote older adults’ health.

DAILY EVENING ELECTRONIC MEDIA USE, SEDENTARY BEHAVIORS, AND SLEEP IN LATER LIFE
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Sleep complaints and disorders are two of the most common disturbances to health and well-being in later life. This study examined how evening electronic media use and daytime sedentary behaviors affect subsequent sleep hours and perceived sleep quality, and whether consistent sleep hours (i.e., sleep regularity) moderate these associations. Data were drawn from 241 older adults (Mage = 74.02) from the Daily Experiences and Well-being Study who completed ecological momentary assessments and wore an accelerometer for four days on average. A series of conditional fixed-effects models indicated that older adults reported more sleep disturbances on nights following the evening computer use. Sedentary behaviors and evening television viewing were not associated with sleep quantity and quality. Older adults with more consistent hours of bedtime reported better sleep quality regardless of their evening electronic media use and daytime sedentary behaviors, thereby highlighting the importance of sleep regularity in later life.

DO FRIENDS GET UNDER THE SKIN? DAILY INTERACTIONS AND CARDIOVASCULAR FUNCTIONING AMONG BLACK AND WHITE AMERICANS
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Scarce research has examined racial differences in cardiovascular health in the context of social interactions. This study investigated whether (a) friend interactions were associated with better cardiovascular functioning, and (b) such associations vary among Black and White adults. This study employed dual assessment techniques—ecological momentary assessments (EMA) and ambulatory physiological assessments—to examine the co-occurrence of social interactions and cardiovascular functioning. Multilevel models revealed no racial differences in ambulatory HRV and frequency of friend interactions throughout the day. Findings revealed a between-person link of friend interactions and better HRV in the overall sample. Race-stratified models found a within-person link between friendship interaction and worse HRV and a between-person link between friendship interaction and better HRV for Blacks but not for Whites. Findings suggest friend interactions are more salient for Blacks’ cardiovascular health and may serve as a modifiable factor for preventing cardiovascular diseases.

NONLINEAR ASSOCIATIONS OF DAILY STRESS REACTIVITY WITH HEALTH AND WELL-BEING
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Research has repeatedly demonstrated that greater affective reactivity to daily stressors is associated with detrimental health outcomes (e.g., inflammation, mortality). However, most research has only considered linear effects, which precludes an examination of whether moderate levels of stress reactivity may be beneficial. Using daily diary data from the National Study of Daily Experiences (N=2,018) we fit multilevel SEMs to simultaneously model daily within-person associations between stress and negative affect (i.e., stress reactivity), and individual differences in the linear and quadratic associations between stress reactivity and life satisfaction, psychological distress, and chronic conditions. Significant quadratic effects were found for each...
of the three outcomes (estimates=20.23; 11.49; 20.81, p<.001, respectively), indicating a U-shaped pattern where both low and high levels of stress reactivity were associated with poorer health, whereas moderate levels of daily stress reactivity predicted better health outcomes. The results suggest that some affective response to daily stressors can be beneficial.

SESSION 3740 (SYMPOSIUM)

EMBRACING THE DIVERSITY OF GRANDFAMILIES: UNDERSTANDING THE INFLUENCE OF CULTURE AND RACISM
Chair: Nancy Mendoza Discussant: Loriena Yancura
In line with this year’s conference theme, we examine diversity in different forms, such as racial, cultural, and familial diversity. We discuss the importance of diversity’s influence on the experiences of grandfamilies and the impact it has on their members. Findings from a study with Latinx grandparent caregivers suggest that those raising grandchildren often do not view themselves as “raising,” but instead “helping.” Such findings highlight the importance of understanding cultural norms to appropriately tailor services and resources. In an exploration of the experiences of Korean custodial grandparents, findings demonstrated the influence of patrilineality and stigma surrounding divorce for Korean grandparent-headed families, indicating the importance of considering a grandparents’ position in the family when providing services. In a study with custodial grandparents during the COVID-19 pandemic, researchers examined the role of racial discrimination on grandparents’ depressive symptoms and access to health services. Results indicated a higher level of perceived racial discrimination was associated with more depressive symptoms. These results imply the need to address racial/ethnic disparities experienced by these caregivers. Similarly, in a study of emerging adults raised by grandparents, race moderated the influence of attachment on symptoms of racial discrimination. Findings support the use of interventions addressing attachment and ethnic identity to decrease symptoms of racial trauma in grandfamilies. Together these four studies reiterate the diversity of grandfamilies, enrich our understanding of these families, and encourage us to reimagine how to best serve them.

LATINX GRANDPARENTS RAISING GRANDCHILDREN: THE INFLUENCE OF CULTURAL NORMS
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Few studies have focused on the experiences of Latinx grandparents. Using a grounded theory approach, nine Latinx grandparent caregivers were interviewed in an effort to understand how the Latinx culture influences their experiences. Major themes that emerged during data analysis were related to reasons for caring. These included cultural norms of caring and reasons for the non-usage of services. Findings suggest Latinx grandparents tend to care for their grandchildren because they view it as part of their role as a grandparent. Thus, the biggest “barrier” to acquiring services could be that they do not view themselves as primary caregivers. These findings emphasize the need to understand the experiences of these grandparents and the importance of tailoring education and resources to this subgroup. This study provides professionals with a new way of looking at services for Latinx grandparents and opens the door to a new set of implications for practice.

CUSTODIAL GRANDPARENTS’ DEPRESSION AND ACCESS TO HEALTH CARE DURING COVID-19: THE ROLE OF RACIAL DISCRIMINATION
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The COVID-19 pandemic has exacerbated racism against racial minorities and widened racial/ethnic disparities in health outcomes and access to health care services. This study analyzed cross-sectional data (N=219) collected from custodial grandparents via Qualtrics Panels in February 2022 to understand the role of race and perceived racial discrimination in contributing to custodial grandparents’ depressive symptoms and access to health care services. Results indicated that a higher level of perceived racial discrimination was positively associated with grandparents’ more depressive symptoms, but it was also associated with lower odds of custodial grandparents’ access to health care services. Furthermore, racial/ethnic disparities in depressive symptoms and access to telemental health services among custodial grandparents were identified. Results imply the importance of addressing racial/ethnic disparities in depressive symptoms and access to health care services among custodial grandparents.

EXPERIENCES OF KOREAN GRANDFAMILIES: DIFFERENCES BETWEEN MATERNAL AND PATERNAL GRANDPARENTS
Youjung Lee, Binghamton University, Binghamton, New York, United States
Grandparent-headed families in South Korea have been growing prominent in the country’s cultural landscape. Approximately 153,000 Korean grandparent-headed households existed in 2015; this number is expected to double by 2035. This qualitative study explored Korean custodial grandparent’s experiences of raising grandchildren and the cultural significance of multigenerational caregiving in Korea. Using a phenomenological approach, semistructured interviews with 22 custodial grandparents were conducted. Significant functions of patrilineality and stigma surrounding divorce for Korean grandparent-headed families were found. Considering the complicated cultural factors, social/family service programs must pay attention to the unique needs of grandparent-headed families and consider the circumstances related to grandparents’ positions in the family (i.e., paternal vs. maternal grandparent caregivers). Korean government programs and policies could better help marginalized grandparent-headed families with an empowerment approach to help marginalized grandparent-headed families gain positive attitudes toward their caregiving situation.