had better hand-grip strength, life satisfaction, and cognitive functioning, and lower depressive symptoms than those who engaged in instrumental volunteering (all ps < .05). The health outcomes of instrumental volunteering were even worse than those who did not volunteer at all. These patterns were more prevalent in the middle-aged adults than in the older adults. Findings of this study indicated the beneficial effects of cognitively demanding volunteering, providing valuable directions for future programs on volunteering.

COMPANIONSHIP WITH FAMILY, FRIENDS, AND NEIGHBORS IN LATER LIFE
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Companionship with close others are known to have a significant positive effect on our well-being in later years of life. At the same time, it is known that the frequency of meeting and chatting with others, an indicator of companionship, declines as we age. In this study we explore the situation of companionship among older-old and oldest-old people. The focus of this study on understanding how the aging process affects the experience of companionship and how people adapt to the loss of companionship. Semi-structured, in-depth interviews with 43 people aged 75 and older living in urban communities in Kawasaki, Japan. Participants were asked about everyday interactions with close others and feelings they experienced at the time. Interviews were transcribed and analyzed qualitatively. Chatting, going out for lunch or dinner, and going shopping were examples of activities older Japanese enjoyed with close others. Almost all respondents mentioned the loss of their old friends and siblings. They also mentioned that the decline in their physical and cognitive health, as well as that of their companions hindered shared activities they used to enjoy. They cherished positive interactions with others, although the frequency declined. Some respondents intentionally made new companions in the physical proximity, but it was hard to compensate for the loss of old companions with new one. These findings suggest that the value of companionship remains or even increase as we age. It would be important to identify environmental or social factors that may prevent the loss of companionship among older adults.

INOVIATIVE EXPERIENCES AT WORK SUPPORT HIPPOCAMPAL MAINTENANCE IN LATE LIFE
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Prior research has demonstrated the positive impact of occupational complexity on cognitive aging, however, neural underpinnings remain unclear. There is emerging evidence linking midlife managerial experience to slower hippocampal atrophy (Suo et al., 2012, 2017), supporting the brain maintenance model (i.e. preservation of young-like brain structure). However, occupational complexity, along with education, is known to be a proxy of cognitive reserve (i.e. mind’s resistance to brain aging). The current study examined the influence of midlife work environment factors (i.e., autonomy, control, and innovation; Work Environment Scale, Moos, 1981) on change in hippocampal thickness, while controlling for education and age. We studied 150 participants (60-78 years, M = 66.27, SD = 5.20, 61% female) from the Seattle Longitudinal Study who had at least one MRI scan and remained cognitively normal between 2006 and 2014. Hypotheses were tested using multilevel modeling in Mplus; gender differences were examined. There was no substantial drop in model fit as a result of adding any of the significant effects. Innovation at work slowed the decrease in hippocampal thickness over time demonstrating the protective effect of more novelty, variety and change in work activities. There was a significant age by gender interaction, such that the decrease in hippocampal thickness was stronger for older women. Together, findings suggest that long-term impact of work environment on the hippocampus extends beyond the effects of education, particularly in men, supporting the brain maintenance hypothesis. Innovation at work should be considered in understanding protective/risk factors in hippocampal atrophy in older age.

OCCUPATIONAL FUTURE TIME PERSPECTIVE MEDIATES AGE DIFFERENCES IN CONFLICT STRATEGIES
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Building on the theoretical framework of socioemotional selectivity theory (Carstensen, 2006), this presentation reports the findings of two studies conducted in Hong Kong Chinese workers to examine whether occupational future time perspective (OFTP) can account for the age differences in conflict strategies. Study 1 is a cross-sectional study with 416 working adults completed an online survey on conflict management (Mage=39.1 years, SD=12.1), and Study 2 is a laboratory study with 123 workers (Mage=40.1 years, SD=12.1) indicated their behavioural responses after watching hypothetical workplace conflict videos. In both studies, five conflict strategies (integrating, compromising, obliging, avoiding, and dominating) and OFTP (focus on opportunities and focus on limitations) were assessed. Parallel mediation analyses were performed. The results of Study 1 showed that both focus on opportunities and focus on limitations mediated the effects of age on obliging (b = -.006, SE=.002; and b = .006, SE=.002, respectively), avoiding (b = -.005, SE=.002; and b =.008, SE=.002, respectively), and dominating (b = -.014, SE=.003; and b = .009, SE=.002, respectively). Focus on opportunities could only account for the effects of age on integrating and compromising. The results of Study 2 showed that only focus on limitation could account for the age variations in the use of avoiding (b = .196, SE = .058) when facing intergenerational conflicts. The findings of this project reveal that the age-related focus on limitations increases older workers’ likelihood to utilize maladaptive conflict strategies, such as dominating and avoiding, to deal with conflicts occurred in the workplace.

RETHINKING SOCIAL RELATIONSHIPS: THE DIFFERENTIAL INVESTMENT OF RESOURCES MODEL OF SOCIAL DEVELOPMENT
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The empirical evidence concerned with the centrality of social relations to individual functioning across adulthood continues to accumulate. Theoretical development about age-related changes in social relationships, however, has lagged behind. In particular, existing theories either do not account for the influence of the developmental context, or are difficult to examine empirically because they do not posit specific testable mechanisms. We present a new conceptual model that we believe effectively incorporates much of the existing empirical work. The Differential Investment of Resources (DIRe) model has five distinct features. First, the model distinguishes between different types of ‘social ties’ by defining two crucial dimensions - closeness and kinship. Second, the investment of time and energy is defined as the core mechanism that explains the formation and maintenance of social ties. Third, individual characteristics, categorized as capacities, motivations, and skills, determine the amount, direction, and efficacy of the time and energy invested. Fourth, the model incorporates the developmental context: (a) in its effect on the social opportunity structure; (b) in its effect on time and energy; and (c) in its effect on the individual. Additionally, the social opportunity structure itself is determined by the individual’s existing social network ties (i.e., social capital). Finally, the model describes how different types of ties, in turn, affect individual characteristics via social functions (social exchanges, social evaluations, and social influences). The proposed model will not only stimulate a healthy new debate in the field, but will also provide a theoretical basis for future research and hypothesis-testing.

SOCIAL CONTACT AND WELLNESS OUTCOMES FOR OLDER ADULTS IN DIFFERENT RESIDENTIAL SETTINGS

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More frequent social contact with others has been shown to be associated with positive well-being outcomes for older adults, who may be at increased risk of loneliness or isolation. The current study investigates whether the potential benefits of social contact might vary by social contact medium and by residence type (senior living (SL) settings vs. the broader community). 5,148 older adults residing in SL communities completed surveys on health and well-being. Data were combined with responses from 1,000 demographically similar older adults residing outside SL settings who participated in a similar study. Participants in both studies reported their frequency of social contact with friends (4 types: in-person meet-ups, speaking by phone, writing or emailing, and communicating via social media), subjective overall health, and life satisfaction. Results of multilevel regression analyses revealed that more frequent in-person social contact with friends was associated with more positive ratings of overall health only for participants in non-SL settings, but not those in SL. More frequent in-person social contact was also associated with higher life satisfaction, and this effect was stronger for non-SL participants. More frequent contact by phone and written letters/emails was associated with better ratings of overall health, regardless of residence type. In contrast, more frequent social media use was associated with lower ratings of overall health. Analyses controlled for age, gender, education, marital status, income, chronic health conditions, and depressive symptoms. The observed patterns of results speak to the possible protective benefits of social engagement for older adults in different residence settings.

SOCIAL NETWORK TYPES AND HEALTH AMONG OLDER SINGAPOREANS

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Little is known about the heterogeneity and dynamics in older adults’ social networks and their bidirectional relationship with health in Asian societies. We investigate (1) social network types, (2) how network types predict health, and (3) whether health influences network types over time among older Singaporeans. We use data from Transitions in Health, Employment, Social engagement and Inter-Generational transfers in Singapore Study (THE SIGNS Study), a national longitudinal survey, collected in 2016-2017 (wave 1) and 2019 (wave 2). Latent class analysis is applied to identify distinct social network types and how they affect self-rated health after two years. Latent transition analysis is then employed to examine the pattern of change in network types between waves, and the relationship between baseline self-rated health and transition in network types. We identify six social network types: diverse, diverse but less socially engaged, immediate family, extended family, living alone yet diverse, and restricted (proportion at baseline: 7.2 %, 38.2 %, 14.1 %, 27.1 %, 7.0 %, and 6.4 %, respectively). Older adults in the ‘living alone yet diverse’ network type are less likely to report poor self-rated health after two years than those in the restricted and extended family network types. Additionally, we find that good health is related to more diversified network types—‘diverse’ and ‘diverse but less socially engaged’—at baseline, and network types are relatively stable over two years. These findings contribute to the literature by capturing complexities in the reciprocal relationship between social network types and health in later life.

SOCIAL NETWORKS AND DEPRESSION OVER TIME: THE MEDIATING ROLE OF SOCIAL SUPPORT AND SOCIAL ISOLATION

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It is well established that a strong social network is an important factor for successful ageing, specifically for promoting and maintaining psychological wellbeing at older ages. Strong social networks are a source of social support especially at a time of need, and can also help older adults remain connected, active, and engaged in group activities. In this study, we seek to better understand the underlying pathways in the relationship between social networks and depressive symptoms, specifically comparing the extent to which the relationship is mediated by the receipt of material/monetary support, relative to perceived social isolation. We use data from the Panel on Health and Aging of Singaporean Elderly, a nationally-representative study of older Singapore citizens and permanent residents aged 60 years and older in 2009 (N=4990), with two follow-up surveys in 2011.