

mindful, mediate/chant, feel a strong connection to all life, to indicate that they cannot make sense of the world, and to be religious. Participants with high spirituality were more likely to be female, have at least some college experience, be mindful, meditate/chant, feel deep inner peace, have a sense of deep appreciation, think that a sense of purpose is important for a good life, and have a high level of religiosity. Framed by Webster's conceptual model, the current study observed that religiosity is significantly associated with spirituality and that other mindfulness-based aspects are also present within this concept. Incorporating mindfulness with religious efforts will more accurately and holistically address spirituality.

#### EVERYDAY GOAL PURSUIT IN OLDER COUPLES: LESSONS LEARNED FROM ELECTRONIC DAILY LIFE ASSESSMENTS

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Being able to progress on and accomplish personal goals is an important source of satisfaction and meaning across the adult lifespan and into old age. This study focuses on the importance of close others, such as spouses, for facilitating goal progress when individual resources may no longer suffice. We used multilevel modelling to analyze data from 119 couples (M age = 70 years, SD= 5.9; 50% women). Participants reported their personal goals at baseline and subsequently provided simultaneous ratings of goal pursuit, effort, and partner involvement three times daily over 7 days. Our findings show that more effort and spousal involvement indeed go hand in hand with better goal progress. More in-depth follow up analyses will pinpoint the role of individual and partner effects as potential mechanisms underlying contributions to everyday goal pursuit as well as address stress related processes.

#### GLOBAL SENSORY IMPAIRMENT INDEPENDENTLY PREDICTS DECREASED SOCIAL FUNCTION OVER TIME

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The classical senses (vision, hearing, touch, taste, and smell) play a key role in social function by allowing interaction and communication. We assessed whether sensory impairment across all 5 modalities (global sensory impairment [GSI]) was associated with social function in older adults. Sensory function was measured in 3,005 home-dwelling older U.S. adults at baseline in the National Social Life, Health, and Aging Project and GSI, a validated measure, was calculated. Social network size and kin composition, number of close friends, and social engagement were assessed at baseline and 5- and 10-year follow-up. Ordinal logistic regression and mixed effects ordinal logistic regression analyzed

cross-sectional and longitudinal relationships respectively, controlling for demographics, physical/mental health, disability, and cognitive function (at baseline). Adults with worse GSI had smaller networks ( $\beta=-0.159$ ,  $p=0.021$ ), fewer close friends ( $\beta=-0.262$ ,  $p=0.003$ ) and lower engagement ( $\beta=-0.252$ ,  $p=0.006$ ) at baseline, relationships that persisted at 5 and 10 year follow-up. Men, older people, African-Americans, and those with less education, fewer assets, poor mental health, worse cognitive function, and more disability had worse GSI. Men and those with fewer assets, worse cognitive function, and less education had smaller networks and lower engagement. African-American and Hispanic individuals had smaller networks and fewer close friends, but more engagement. Older respondents also had more engagement. In summary, GSI independently predicts smaller social networks, fewer close friends, and lower social engagement over time, suggesting that sensory decline results in decreased social function. Thus, rehabilitating multisensory impairment may be a strategy to enhance social function as people age.

#### RELATIONSHIP STATUS, SOCIAL INTERACTIONS, AND CONVERSATIONS IN LATE LIFE

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Studies suggest spending more time interacting with and talking to others is associated with better well-being. Older adults with partners (e.g., married, cohabitated) may spend more time with their romantic partners and rely on them for support, whereas older adults without partners (e.g., widowed, divorced, never married) may have a greater reliance on other family members (e.g., grown children, siblings) and non-kin (e.g., friends). Yet, we know little about how older adults' relationship status affects their time spending alone or with other social partners, and the frequency of conversation throughout the day. Adults aged 65+ (N = 313) completed an interview about their relationship status and social partners. They then reported social encounters in ecological momentary assessments every 3 hours for 5 to 6 days. Participants also wore Electronically Activated Recorders which captured snippets of their conversation throughout the day. Older adults with partners reported 85% of time was with their romantic partners. Multilevel models revealed that compared to older adults with partners, older adults without partners were more likely to spend time alone and have encounters with friends throughout the day. Older adults without partners also engaged in fewer conversations throughout the day. Further, older adults without partners talked significantly more when they encountered friends than did older adults with partners. Findings suggest that friends are important in older adults' social networks particularly for those who do not have romantic partners. Daily contact with social partners facilitates conversations and that could have implications for emotional or cognitive health.

#### SOCIAL SUPPORT FROM KIN AND MORTALITY RISK AMONG OLDER ADULTS IN A HISTORICAL AGING POPULATION

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