

support, perceived mental and physical health and meaning ascribed for activity participation were in model II. Model II ($R^2=57.8\%$) significantly improved the prediction of the outcome variable greater than model I ($R^2=13.4\%$). Results: Results showed that age, education, ethnicity, perceived mental health, physical health, social support were significant. Of all variables the meaning attributed to activity participation ($\beta =59.2\%$, $<.001$) is the most predictor of meaningful frequency of activity participation in older adults. This implies that the meaning individuals attribute to activity participation increases their frequency of activity participation. Also, age, education, and ethnicity play important role in understanding the importance of consistency in activity participation. Implications: Meaningful activity participation should be encouraged to enable older adults increase their participation in activities that promote healthy living.

PAIRING STORIES AND EDUCATIONAL CONTENT FOR A CULTURALLY CELEBRATORY HEALTHY AGING COMMUNITY RESOURCE

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Culturally celebratory programming exceeds cultural relevancy, engaging participants in celebration-making and culture-creating. African Americans aged 55+ in the Sharing History through Active Reminiscence and Photo-imagery (SHARP) study celebrate their heritage in gentrifying neighborhoods through walking-remembrance sessions; they create culture through discussing ideas, beliefs, norms, values, and shared experiences of the past while considering these aspects within presently changing cultural dynamics. The SHARP study's narrative approach supports cognitively healthy behaviors and community priorities of cultural preservation in response to marginalization. The SHARP smartphone application houses 72 themed walking routes in Portland, Oregon's historically Black neighborhoods. One-mile routes with GPS-triggered historical neighborhood images prompt conversational reminiscence among walking triads. Recorded narratives are organized in a process called storytabling and thematically coded. Selections referencing cognitively healthy behaviors are flagged for pairing with online brain health content tested by 12 African Americans aged 55+. Historical images and narratives anchor educational content to relatable life experiences, framing healthy aging in a culturally celebratory, neighborhood context to improve applicability. The online resource, routes, and recorded narratives are community deliverables. Currently, 254 walking narratives from 2016-2018 walkers ($n=40$; 8 with mild cognitive impairment) have been transcribed and 60 analyzed. Walkers found image prompts and walking within triads of similar sociocultural backgrounds as highly motivating, healthy ways of addressing change. Content testers found narratives lent depth, meaning, and a sense of cultural resilience to educational content. Narrative approaches situate cognitive health in participant-driven terms and experiences, informing brain health best practices for marginalized and minority populations.

WALKING AND TALKING ABOUT WHAT USED TO BE: THE SHARP NEIGHBORHOOD WALKING PROGRAM FOR OLDER AFRICAN AMERICANS

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The Sharing History through Active Reminiscence and Photo-Imagery (SHARP) study aims to preserve African American cognitive health through neighborhood walking and social engagement in a way that celebrates Black culture. For 6 months, African Americans aged 55+ (2016 $n=19$; 2017 $n=21$) grouped in triads walked 1-mile routes accessible via the SHARP application. Routes included historical image prompts about Portland, Oregon's historically Black neighborhoods. Participant focus groups at months 1, 3, and 6 drove program development and refinements, and provided valuable insight into the program's meaning for participants. Discussions were thematically coded. Emergent themes included "suggested improvements," "technology," "mental health impact," "cultural incongruence," and "cultural significance." Participants suggested improvements to the application's navigational aspects and expressed willingness to engage technology despite initial apprehension. The triadic structure and place-based memory prompts aided reminiscence, allowing participants to make meaningful links between their own life experiences and their walking partners'. Neighborhood walking brought to the surface participant concerns about a lack of understanding between African American generations, and between long-time residents and whiter, wealthier demographics moving in. Some participants found it emotionally taxing to walk in the now gentrified historically Black neighborhoods, but still saw the program overall as useful, interesting, and necessary--to their physical and cognitive health, to their mental health as they processed neighborhood changes and community loss, and as an important contribution to preserving community history. Addressing individual health alongside pressing issues affecting older African Americans' sense of well-being and community may make cognitive health programs more meaningful and applicable.

GEROTRASCENDENCE OF ALASKA NATIVE ELDERLY AGING SUCCESSFULLY IN THE ALEUTIAN AND PRIBILOF ISLANDS

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Meeting the healthcare needs of Alaska Native (AN) Elders in remote communities is critical to support successful aging and this study allows AN Elders from the Aleutian region to share their experiences and define successful aging, supporting the limited research on AN successful aging. This study interviewed 19 Elders in two communities from the Aleutian region of Alaska. Using a 20-item questionnaire based on Kleinman's explanatory model to explore successful aging and experiences of being an Elder. Thematic analysis was employed to identify the characteristics and activities of Elders coping and adapting to aging-related changes. This study identified 5 core elements of successful

aging, 4 of which formed Lewis's AN model of successful aging (2011): Mental and Emotional Wellbeing, Spirituality, Purposefulness, and Physical Health and Mobility, and the new element of Gerotranscendence. The unique finding of this study that expands Lewis's model is the change in mindset Elders experience as they self-reflect. Elders describe being more intentional in their relationships and a stronger connection to traditional cultural and spiritual activities, described by Tornstam (2005) as gerotranscendence. This research will be used locally to develop community specific health promotion and prevention programs to improve Elder services. These findings can also be used by health care providers to help Elders find meaningful activities that promote health and teach individuals to cope with aging-related changes.

THE MEDIATING ROLE OF ADVANCE CARE PLANNING IN ACCULTURATION AND USE OF NURSING HOME AMONG KOREAN AMERICANS

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The study examined attitudes towards Advance Care Planning (ACP) as a potential mediator in the association between acculturation and willingness to use nursing home in Korean American older adults (aged 60 and older). Data were driven from a cross-sectional study of 235 community-dwelling Korean American older adults (aged 60 and older) in 2013. Multivariate regression models of willingness to use nursing home were entered in the following order: (1) demographics, (2) health, (3) acculturation, and (4) attitudes towards advance care planning. The mediation effect of attitudes towards ACP in the relationship between acculturation and willingness to use nursing home was separately examined using the bootstrapping method. Higher acculturation was associated with positive attitudes towards ACP and more likelihood of using nursing home. The proposed mediation model was fully supported: positive attitudes towards ACP served as an intervening step between acculturation and willingness to use nursing home. The mediating role of attitudes towards ACP yields implications for developing culturally sensitive advance care planning education program targeting older individuals.

ROLE OF RELIGIOUSNESS AND SPIRITUALITY AND SOCIAL NETWORKS IN DETERMINING DEPRESSION AMONG OLDER KOREAN AMERICANS

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Korean Americans (KAs) are one of the fastest growing minority populations in the U.S. Depression is the most common psychological problem among older KAs. While the relationship between religiousness/spirituality (R/S) and well-being in later life is an important health concern, older KAs are often affiliated with a protestant church and have the highest church participation. This study assessed the role of R/S and social networks in determining depressive symptoms and identified the best predictors of depressive symptoms.

Data were drawn from a cross-sectional survey with 200 older KAs residing in New York. Best-subsets regressions were used to evaluate the best predictors of depression. Findings indicated that nearly 30% of older KAs reported experiencing mild or severe depressive symptoms. The best model fit for depression involved physical health, R/S coping skills, social networks, and annual household income. Social networks and R/S coping skills were found to be a protective factor against depressive symptoms and may be an effective tool for health care strategies in the management of depression and health-promoting behaviors. Careful assessment of R/S and social networks among older KAs may provide a more comprehensive approach to traditional, biomedically derived clinical practices by focusing on the whole person in early identification of risk factors, prognosis, and intervention for depression. Health education and intervention could be framed in ways that strengthen such psychosocial coping resources for older KAs. Facilitating social participation and mobilizing R/S resources in a wide range of personally meaningful activities may mitigate psychological distress and enhance life satisfaction.

SESSION 2410 (POSTER)

MOBILITY, DISABILITY, AND PHYSICAL ACTIVITY

FEELING AUTHENTIC DURING PLAYING PICKLEBALL IN LATER LIFE: PREDICTING POSITIVE PSYCHOLOGICAL FUNCTIONING

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Authenticity, being trustful with oneself, is regarded as a principle predictor of healthy functioning. However, the association between authenticity and psychological functioning has not been examined, even though leisure is an ideal context within which to experience authenticity. Therefore, this study examined the association between authenticity and psychological functioning in older adults playing pickleball. A convenience sample of 112 males and 96 females (64.11±6.56, 50 to 82yrs) was recruited from the 2017 U.S. Open Pickleball Championship which is an annual international pickleball tournament. The participants were asked to fill out a questionnaire primarily asking about their levels of authenticity (4-items) and psychological functioning measured by both perceived stress (4-items) and happiness (single item). The Pearson correlation tests found higher levels of authenticity were significantly correlated with being less stressed ($r = -.373$, $p < .01$) and happier ($r = .203$, $p < .01$). A two-step hierarchical regression was used to determine the unique contribution of authenticity to either perceived stress or happiness, and found that authenticity uniquely contributed to 10% of the variance in perceived stress ($F = 4.678$, $p < .001$) and 2.3% of the variance in happiness ($F = 3.046$, $p < .01$). These results suggest that