

behavior). We used the Electronically Activated Recorder (audio recorder that periodically records snippets of ambient sounds and speech) and collected a random sample of over 30,000 sound snippets (30 seconds long) from 61 young and 48 healthy older adults across four days. We transcribed and manually coded participants' speech. Multilevel models conducted in R showed that individuals tended to talk about their past with more social functions (e.g., give advice), whereas talked about their future for more directive purposes (e.g., planning). Age group differences were minimal. We also found that individuals laughed two times more while talking about their past than their future. Results are discussed in relation to the functions of mental/conversational time travel in the context of healthy aging.

REAL-WORLD LANGUAGE USE WITH FAMILIAR VERSUS UNFAMILIAR INTERLOCUTORS IN YOUNG AND OLDER ADULTS

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Real-world contexts may compensate for age-related changes in language production. We compared age effects on vocabulary richness (i.e., entropy) and grammatical complexity (i.e., clause length) in conversations with familiar interlocutors (i.e., significant other, friends, family members) versus with strangers. We collected thousands of 30-seconds speech samples from 61 young and 48 healthy older adults across four days using a portable audio recording device — the Electronically Activated Recorder (EAR). Bayesian multi-level analyses showed that participants used richer vocabulary and more complex grammar with familiar interlocutors than strangers. Young adults used richer vocabulary than older adults. Furthermore, older adults produced equally complex grammar with the significant other as young adults did, but simpler grammar with friends and family members. We found no age group differences in grammatical complexity with strangers (lacking statistical power). In sum, familiarity with the significant other may benefit older adults in producing complex grammar in real-world conversations.

MIND YOUR LANGUAGE: NEW INSIGHTS ON MEMORY AND COGNITIVE AGING RESEARCH THROUGH REAL-LIFE METHODS

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In the past decades, the so-called “age - prospective memory paradox” – a phenomenon comparing prospective memory (PM) performance in and outside the lab – has challenged the classical assumption that older adults necessarily evidence a marked decline in PM functioning. In our study, we want to extend established methods for measuring memory through arising technologies, such as the Electronically Activated Recorder (EAR; Mehl, 2017). Over the course of three days, 60 younger adults (18-32 years) and 45 older adults (60-82 years) completed an ambulatory assessment with the EAR in order to detect spontaneous speech production related to memory and memory failures. Results reveal that younger and older adults do not differ in the total number of utterances related to different facets of memory and cognition. However, when it comes to failures, older adults talk significantly less

about PM failures than younger adults. Possible explanations for these findings will be discussed.

NATURAL, EVERYDAY LANGUAGE USE PROVIDES A WINDOW INTO THE INTEGRITY OF OLDER ADULTS' COGNITIVE FUNCTIONING

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Language use during structured clinical tasks predicts pathological cognitive aging. However, structured tasks reflect only a narrow band of potential communication contexts, which limits the ability to capture cognitive processes manifested in language use under more natural conditions (i.e., minimal constraints). The Electronically Activated Recorder (EAR) makes it possible to sample language from the full ecology of individuals' interactions. As interactions are cognitively complex, language use in everyday life might be especially sensitive to the integrity of higher-order cognitive processes, including executive functions (EF). Using the EAR and a standard EF battery, we show that EF, particularly working memory, is reflected in analytic (e.g. articles and prepositions), complex (e.g. longer words), and specific (e.g. more numbers) language. The EAR provides first evidence that the words used in daily life reflect the integrity of EF and that reliance on less complex language could reflect WM variability among cognitively healthy adults.

SESSION 5765 (SYMPOSIUM)

STRESS, TRAUMA, AND RESILIENCE AMONG U.S. ASIAN OLDER ADULTS: FINDINGS FROM THE RUTGERS ASIAN RCMAR

Chair: XinQi Dong

Co-Chair: Melissa Simon

Discussant: Bei Wu

U.S. Asians are the fastest growing group of older adults in the nation, increasing by 68% from 2000-2018. However, research on the psychological wellbeing of this population is limited. Drawing on the research of Rutgers Asian RCMAR Scientists, this symposium will address the impacts of stress, trauma and resilience on the psychological wellbeing of diverse groups of U.S. Asian older adults. Session 1 will assess the prevalence of psychological distress among older LGBT and non-LGBT U.S. Asian older adults, and the role of discrimination in medical care and intimate violence on psychological distress. Session 2 will take a mixed-methods approach to examining caregiver burden and depressive symptoms of Chinese American spouses and adult-children who provided care for their spouse or parents with dementia. Session 3 will explore the risk and protective factors for the mental health of sexual minority U.S. Asian older adults using data from the Research Program on Genes, Environment and Health. Session 4 will identify different patterns of coping repertoires of older immigrants, based on a combination of individual, family, and community coping resources, and the optimal coping repertoire that is associated with the best psychological outcomes. In summation, this symposium describes the psychological wellbeing of diverse groups of U.S. Asian older adults, including sexual