

and grandchildren. To test this hypothesis, we collected data during face-to-face interviews with 131 community-dwelling adults who were between the ages of 58 and 94. Participants' gender, age, marital status, self-rated health, and cognitive function were included as covariates in the models. In line with predictions, regression analyses showed that average closeness with confidants predicted significantly lower reports of anxiety ( $p < .05$ ) and depressive symptoms ( $p < .001$ ). Additionally, the number of confidants was not significantly associated with anxiety or depressive symptoms. Interestingly, having a greater number of children and grandchildren was associated with increased anxiety symptoms. These results extend previous work by suggesting that the quality of the relationship with confidants is more important for psychological well-being than the number of confidants. Future work should test these associations longitudinally so that directionality can be inferred.

#### ECOLOGICAL MOMENTARY ASSESSMENT OF ASSOCIATIONS AMONG HIGH AND LOW AROUSAL AFFECT AND COGNITIVE HEALTH

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Negative affect (NA) and positive affect (PA) vary from moment-to-moment and these variations are associated with cognitive health. Past work has primarily focused on valence (negative/positive), however, largely ignoring the potential import of arousal (high/low). We address this gap by assessing the impact of high and low arousal NA and PA on daily cognition. A sample of 238 older adults (M age=77.30 years, SD=5.14, Range=70–90) completed mobile surveys up to four times daily for 14 days. Participants reported current levels of high and low arousal NA and PA and performed processing speed and working memory tasks. For processing speed, there were significant within-person affect by age interactions. Moments when low arousal NA was higher than usual were associated with slower processing speed (Est.=0.87, SE=0.44,  $p < .05$ ), and this effect was amplified in older participants (Est.=1.69, SE=0.60,  $p < .01$ ). Moments when high arousal PA was higher than usual were associated with faster processing speed (Est.=-0.81, SE=0.40,  $p < .05$ ), and this effect was amplified in younger participants (Est.=-1.81, SE=0.56,  $p < .01$ ). For working memory, a significant within-person high arousal PA by age interaction emerged (Est.=0.001, SE=0.00,  $p = .046$ ) such that moments when high arousal PA was higher than usual were marginally associated with worse working memory performance only among older participants (Est.=0.004, SE=0.002,  $p = .06$ ). Results suggest momentary increases in low arousal NA and high arousal PA may confer greatest risk to daily cognitive health among older adults with more limited capacity and/or cognitive resources, whereas affective influences may be more facilitative among comparatively younger adults.

#### AGE, FUTURE TIME PERSPECTIVE, AND EVERYDAY PHYSICAL ACTIVITY AND NUTRITION IN COUPLES POST STROKE

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Physical activity and fruit/vegetable consumption are recommended to help prevent and manage cardiovascular disease. Yet, most people struggle to meet physical activity and nutrition guidelines. This study examined the role of age and future time perspective for these two health behaviors using repeated daily life assessments as well as accelerometry-based step counts from 70 persons living with the effects of stroke and their partners (50% female, M age=69 years). Consistent with previous research, older age and living with stroke were associated with taking fewer steps in everyday life but also with consuming more fruit and vegetables. Furthermore, participants who viewed their future as being filled with many opportunities took more daily steps and ate more fruit and vegetables than participants low in future opportunities. Further analyses will examine dyadic associations in these two health behaviors as well as partner factors that may facilitate or hamper the engagement of the behaviors. It is important to analyze these relationships to gain further insight into the effects partners have on each other.

#### CRYPTIC TRANSCRIPTION IS ASSOCIATED WITH AGE IN MAMMALIAN STEM CELLS

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Aging is a multifaceted process that challenges organisms with stresses resulting from the dysregulation of cellular processes. Unsurprisingly, given how tightly regulated it is under normal conditions, transcription is one of the key pathways disrupted during aging. Indeed, dysregulation of transcription contributes to the activation of transposable elements, the loss of cellular identity, and decreased stem cell potency with age. Our previous work identified intragenic cryptic transcription (CT) as a novel type of age-associated transcriptional dysregulation that limits the lifespan of yeast and worms. Continuing this work, we show for the first time that CT increases with age in mammalian stem cells. Increased CT is associated with disrupted chromatin structure, particularly with the reduction of H3K36me3, a histone modification known to inhibit CT throughout eukaryotes. We propose that an age-associated reduction in H3K36me3 in actively transcribed gene bodies drives disruption of chromatin structure in these regions, resulting in an open chromatin state. This open chromatin state is permissive for the entry of RNA Pol II, which can then initiate transcription from within the gene body. These aberrant cryptic transcripts may contribute to the pathological load of mammalian aging.

#### VALUE AND INFORMATION NEEDS FOR DEMENTIA FAMILY CAREGIVERS: CONSIDERATIONS DURING END-OF-LIFE DECISION MAKING

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Family caregivers often make key end-of-life care decisions for their relatives. For those caring for persons with dementia (PWDs), a third of older decedents, making