

adults might possess fewer emotion regulation resources and skills, accounting for their greater distress. In a national sample of 1528 adults, we examined how baseline resources (in mid-April, during initial peak infections) predicted distress (depression, anxiety, PTSD symptoms) five weeks later, when states began initial reopenings. Younger adults reported greater distress and less social support, mindfulness, and emotion regulation skills than did middle aged and older adults.. Controlling for stress exposure, younger adults' distress was predicted by impulsivity and lack of perceived strategies while middle-aged and older adults' distress was predicted by acceptance of negative emotions; perceived social support was related to lower distress for both groups but mindfulness was unrelated. Results suggest that emotion regulation skills are a promising prevention and intervention focus.

LONELINESS, SOCIAL CONTACT, AND HEALTH AMONG OLDER ADULTS DURING THE COVID-19 PANDEMIC

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The COVID-19 pandemic is a challenging situation for many older adults at elevated risk for mortality. Social distancing and lockdown to prevent contagion may result in social isolation and feelings of loneliness, which can have adverse effects on health. We examined how depressive symptoms were associated with between-person differences and within-person variations in loneliness, social contacts, and daily physical problems during 8 weeks. We sampled 247 older adults (Age = 71.1, SD = 7.3, range = 51 - 95), who participated at micro-longitudinal online surveys (baseline and 7 weekly follow-ups) from April 28 to June 23. Multilevel modeling analysis controlling age, gender, marital status, and education showed that depressive symptoms were significantly decreased during 8 weeks. Further, depressive symptoms were positively coupled with both loneliness and physical problems for both the within-and between-person levels. Increase in social contact was related to decreases in depressive symptoms only at the between-person level.

COPING WITH COVID: DOES PRIOR MILITARY SERVICE PLAY A ROLE FOR VIETNAM VETERANS?

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We investigated the impact of earlier military combat on ability to cope with the COVID-19 pandemic in 379 male Vietnam veterans who responded to surveys in 1984, 1998, and 2020. Combat exposure was scored with a validated scale, contrasting lowest tertile (8-15) vs. medium/high (16-40). About one-fourth of veterans (26%) reported that their

military experience made it easier to cope with the pandemic, while over half (59%) said it had no effect. Medium/high-combat veterans were more likely to report that their military experience made coping easier (OR = 1.8, p = 0.03), but were less likely to report no effect of service on their coping than low-combat veterans (OR = 0.40, p<0.001). All 19 respondents (5%) who said military experience made coping more difficult were medium/high combat veterans. Military experience, and combat particularly, affected many of these veterans' ability to cope with the pandemic decades after their service.

INTERGENERATIONAL RELATIONSHIPS AS A RESOURCE FOR RESILIENCE DURING THE COVID-19 PANDEMIC

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The intergenerational ties that offer support to older adults are likely useful for resilience during the COVID-19 pandemic. We analyzed whether positive and negative intergenerational contact was associated with positive pandemic-related personal change. We utilized data collected from 566 adults aged 50 and older between August 2020 and January 2021 via MTurk and a statewide research registry. Participants reported the quality of their contact with younger adults, and whether they experienced positive changes (i.e. new hobbies, healthier behavior, greater meaning in work) as a result of the pandemic. Higher positive, but not lower negative, non-familial intergenerational contact was associated with a higher number of positive pandemic-related changes (estimate = 0.07, SE = 0.03, p=0.02). The quality of familial intergenerational relationships were not associated with positive pandemic-related changes. Non-familial intergenerational relationships may be especially important for resilience, and should be supported during a time when they may be difficult to maintain.

A SOCIAL ECOLOGICAL MODEL OF VULNERABILITY AND RESILIENCE IN OLDER ADULTS DURING THE COVID-19 PANDEMIC

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Objectives: We used a social ecological model to examine vulnerability and resilience among older adults during the COVID-19 pandemic. Methods: We analyzed two open-ended questions included in a survey of 235 respondents, 51-95 years old (M = 71.35; SD = 7.39; 74% female), which asked about COVID-19-related difficulties and positive experiences during the past week. We identified three different levels for difficulties and positives at the personal, interpersonal, and/or societal levels. Results: Fewer than half of the respondents reported on difficulties (41%) and positives (40%) just at the personal level. In terms of crossing levels, people were most likely to report events spanning the