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Adult day services (ADS) are a preferred care option for racial and ethnic minorities compared to other types of long-term care services in the United States. However, there is limited knowledge on minority ADS users. Focusing on minority older adults, this study aims to (a) identify facilitator and barriers of ADS use, and (b) examine ADS's effect on health and wellbeing. Using Whittemore and Knaf's methodology of integrative reviews, we searched relevant studies published between 2010 to 2020 in Ageline, PubMed, PsycINFO, CINAHL, Web of Science and Google Scholar and included 8 articles in this review after extensive screening and critical appraisal. Crowe Critical Appraisal Tool (CCAT) was used to assess methodological rigor of the studies included in this review. This review showed that individual factors of ADS use among minority older adult included functional impairment, diabetes, race, gender, and degree of loneliness. Organizational characteristics, such as availability of transportation services, bilingual nurses, peer support, and cultural activities, and structural factors including for-profit status and source of payment were also related to ADS use among minority older adults. Positive outcomes associated with ADS use were improved quality of life and sense of fulfillment. Better understanding of minority older adults' experience with ADS will help tailor the services to better fit their cultural preferences and needs. Future research should move beyond individual-level factors to identify and address organizational and structural factors such as institutional structure, organization culture and practice impact on disparities and discrimination in services access and quality.

#### ADVERSE CHILDHOOD EXPERIENCES ASSOCIATED WITH EPIGENETIC AGE AND DEPRESSIVE SYMPTOMS IN OLDER ADULTS

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Adverse childhood experiences (ACEs) increase risk for depression in adolescents and older adults and have been linked to accelerated biological aging. We hypothesized that accelerated epigenetic aging may partially explain the link between ACEs and depression. This study examines second-generation epigenetic clocks (viz., GrimAge, PhenoAge, and DunedinPoAm38) as mediators of the link between ACEs and depressive symptoms in older adulthood. We utilize structural equation modeling to assess mediation in the Innovative Subsample of the Venous Blood Study from the Health and Retirement Study (N = 2672). Results indicate that experiencing more than 1 ACE is significantly associated with greater GrimAge and DunedinPoAm38, with limited evidence of increasing aging with increasing ACEs. GrimAge and DunedinPoAm38 were also significantly associated with more depressive symptoms. These associations were partially reduced by lifestyle factors. GrimAge explained between 9 and 13% of the association between ACEs and adult depressive symptoms, and DunedinPoAm38 explained between 2 and 7% of the association between ACEs and adult depressive symptoms. Findings indicate that accelerated aging,

as measured by GrimAge and DunedinPoAm38, is strongly associated with ACEs in older Americans, that these clocks are highly associated with depressive symptoms in older Americans, and that these clocks mediate a proportion of the association between ACEs and adult depressive symptoms. Epigenetic clocks may represent a physiological mechanism underlying the link between early life adversity and adult depression. Lifestyle factors are a potential area for intervention.

#### AGE-RELATED CHANGES IN ONGOING THOUGHT RELATE TO EXTERNAL CONTEXT AND INDIVIDUAL COGNITION

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Understanding how age-related changes in cognition manifest in the real world is an important goal for aging research. One means of capturing these changes involves "experience sampling" participant's self-reported thoughts as they go about their daily lives. Previous research using this method has shown age-related changes in ongoing thought: e.g., older adults have fewer thoughts unrelated to the here-and-now. However, it is currently unclear how these changes reflect cognitive aging or lifestyle changes. 78 younger adults and 35 older adults rated their thought contents along 20 dimensions and the difficulty of their current activity in their daily lives. They also performed cognitive tasks in the laboratory. In a set of exploratory analyses using Principal Component Analysis (PCA), we found that older adults spent more time thinking positive, wanted thoughts, particularly in demanding contexts, suggesting they may use different strategies to regulate their emotions. In line with previous research, older adults spent less time mind wandering about their future selves. Past-related thought related to episodic memory differently in older and younger adults. Additionally, PCA analyses performed separately in older and younger adults showed high similarity to an analysis performed on the combined sample, suggesting a similar structure to ongoing daily life thought in older and younger adults. These findings inform the use of experience sampling to understand cognitive aging, highlighting the need to consider content along multiple dimensions as well as the context in which thoughts are reported when analyzing aging ongoing thought.

#### AGE-RELATED CHANGES IN POSTURE STEADINESS IN THE COMPANION DOG

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Aging is associated with changes in the sensory-motor system that could lead to dynamic instability. In fact, postural control deficits have been proposed as an early indicator of frailty. Measurements of the displacement of the center of pressure (COP) using pressure mat data are useful tools to determine postural steadiness. Companion dogs represent a