

disparities by: (a) directly impacting the symptoms and progression of chronic health conditions; (b) influencing availability of protective factors and exposure to risk factors; and (c) mitigating or exacerbating the effects of sources of disparities. These hypotheses will be tested using data from the Understanding America's COVID Study. Findings can advance understanding of how public health requirements can reduce or increase health disparities and identify protective factors to facilitate adherence to public health guidelines.

SOCIAL SUPPORT, COPING BEHAVIORS, AND RESILIENCE AMONG AFRICAN AMERICANS DURING COVID-19

Sung Park, *Princeton University*

Enduring structural inequalities in the United States by race have only become more apparent during COVID-19, as African Americans experienced significant health and economic challenges that far exceeded those observed among other racial and ethnic groups. Relying on multiple nationally representative surveys, this study examines the diversity of ways in which middle-aged and older African Americans' managed the stress and pressures associated with the pandemic. I summarize the inequities faced by African Americans before and during COVID-19, as well as trends in the utilization of social support, coping behaviors, and degree of resilience. Furthermore, this study investigates the relationship between social support and coping strategies to multiple health outcomes over time. When appropriate, comparisons to other racial and ethnic groups are made. This research underscores the importance of considering social relationships and modifiable coping behaviors when studying African American aging and well-being during times of crisis.

MEMORY PROBLEMS DURING COVID IN LOW-INCOME OLDER ADULTS

Faika Zanjani, *Virginia Commonwealth University, Richmond, Virginia, United States*

Prevention, with widespread lifestyle risk reduction at the community-level, is considered an effective method to decrease Alzheimer's disease (AD). Diverse low-income older adults in Virginia managing either diabetes/cardiovascular symptoms, were offered weekly lifestyle telephone-health coaching for 12-weeks, providing education, motivations, self-efficacy, and referral services for AD lifestyle risk. Participants provided positive anecdotal feedback and the need for continued health coaching during COVID-19. Thirty participants (predominantly African American/Black female) consented for continued health coaching during the pandemic with 47% reporting memory problems. Findings indicated poorer health status associated with reporting memory problems for poor physical health days, poor mental health days, total mental/physical health poor days, sad days, worried days, tired days, feelings of emptiness, feelings of rejection, feelings of failure, little interest/pleasure, and feeling down. This preliminary work creates the impetus for future large-scale AD prevention investigations to improve the lives of AD-risk, low-income, diverse older adults reporting memory problems.

THE DEVASTATING ECONOMIC IMPACT OF COVID-19 ON OLDER BLACK AND LATINX ADULTS:

IMPLICATIONS FOR HEALTH AND WELL-BEING
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The ongoing COVID-19 pandemic and subsequent economic recession have wreaked havoc on the United States' economy and brought to the forefront stark racial and ethnic inequalities in our society. Older Black and Latinx adults are particularly hard hit by the pandemic as they have relatively lower levels of income and wealth to protect against crises. This study used data from the 2020 COVID-19 module of the Health and Retirement Study, to highlight how the COVID-19 pandemic has economically impacted older Black, U.S.-born Latinx and foreign-born Latinx adults. Results show the pandemic has economically devastated older Black and Latinx adults across a host of economic factors, with foreign-born Latinx experiencing greater economic hardships relative to other groups. Our findings document stark inequalities that are being exacerbated by the pandemic. We discuss the implications of the economic shocks of the pandemic for the health and well-being of older Black and Latinx adults.

Session 2245 (Symposium)

HEALTHY BRAIN AGING

Chair: Saul Villeda

SYSTEMIC MECHANISMS OF BRAIN REJUVENATION

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Aging drives cellular and cognitive impairments in the adult brain. It is imperative to gain mechanistic insight into what drives aging phenotypes in the brain in order to maintain, and even restore, functional integrity in the elderly. We, and others, have shown that systemic manipulations - such as heterochronic parabiosis (in which a young and old circulatory system are joined) and administration of young blood or exercise induced blood factors - can reverse age-related impairments in regenerative, synaptic and inflammatory processes, as well as rescue cognitive faculties in the aged brain. These studies have revealed an age-dependent bi-directionality in the influence of the systemic environment indicating pro-youthful factors in young blood elicit rejuvenation while pro-aging factors in old blood drive aging. It has been proposed that introducing pro-youthful factors or mitigating the effect of pro-aging factors may provide effective strategies to rejuvenate aging phenotypes in the brain. Despite this potential, much is unknown as to the systemic and molecular mechanisms regulating pro-youthful and pro-aging effects of blood-borne factors. I will discuss work from my research group that begins to provide mechanistic insight into the systemic and molecular drivers promoting rejuvenation in the aging brain.

INSIGHTS INTO HIPPOCAMPAL BIOLOGY FROM YOUTH-ASSOCIATED PLASMA FACTORS

Joseph Castellano, *Icahn School of Medicine at Mount Sinai, New York, New York, United States*