of including same-sex couples when exploring linkages between marital dynamics and health, especially when considering how gender impacts these processes.

SESSION 5670 (SYMPOSIUM)

MEMORIES OF LOST LOVED ONES
Chair: Emily Mroz
Co-Chair: Susan Bluck
Co-Chair: Deborah Carr

The death of a loved one is a challenging but also normative occurrence in later life (e.g., Thomson et al, 2018). Experiencing the death of others typically increases with age, so personal reaction to loss becomes an ongoing process (Harrop et al., 2016). When adults lose someone, the deceased person is often 'gone but not forgotten.' That is, they are remembered over time (Klass & Steffen, 2017). The way one remembers their lost loved one's life and their death (e.g., Mroz et al., 2019) may influence post-loss emotional adjustment and personal views. This symposium brings together Psychology and Sociology researchers with data from Germany, the US, and China whose work elucidates the complex relation between loss and memory: we identify how remembering lost loved ones relates to both adaptive and difficult outcomes. In this symposium, Wolf et al. examine beneficial and harmful ways of using autobiographical memories after a personal loss. Mroz and Bluck identify how grief responses in older adult widows lead to functional use of memories from the very end of the spouse's life. Fu and Idler focus on the directive function of autobiographical memory, examining how memory for end-of-life experience with loved ones influences current choices for aggressive end-of-life care. Bolkan and Weaver examine how early life experiences with loss influence later personal views and advance care planning. Our Discussant, Debby Carr, integrates these talks to elucidate how remembering loss experiences relate to not only current grief, but also to people's preparations for the future.

MALADAPTIVE USE OF AUTOBIOGRAPHICAL MEMORY BY BEREAVED INDIVIDUALS ACROSS ADULTHOOD
Tabea Wolf,[1] Veronika Strack,[2] and Susan Bluck,[3] *1. Ulm University, Ulm, Baden-Wurttemberg, Germany, 2. Ulm University Hospital, Ulm, Baden-Wurttemberg, Germany, 3. University of Florida, Gainesville, Florida, United States*

Remembering one's personal past can serve adaptive psychosocial functions (Bluck, Alea, & Demiray, 2010). Autobiographical remembering has been related to well-being in older age but little research has focused on grief. We address this issue in two studies grounded in the model of reminiscence and health in older adulthood (Cappeliez & O'Rourke, 2006). Participants (aged 18 - 91) completed the Reminiscence Functions Scale and the Inventory of Complicated Grief. Regression analyses show that negative self-related use of memories, but not positive use, is associated with experiencing more grief. Sharing memories with others (pro-social function) is indirectly linked to grief, as mediated by negative self-related uses. These patterns held for autobiographical recall in general (Study 1; N = 51) and when specifically remembering the deceased person (Study 2; N = 49). How adaptively individuals remember their personal past appears linked to the experience of grief, sometimes even years after the loss.

REMEMBERING THE DYING DAYS: OLDER ADULTS' FINAL MEMORIES FROM THE LOSS OF A SPOUSE
Emily Mroz, and Susan Bluck, *University of Florida, Gainesville, Florida, United States*

Memories from the very end of the life of a deceased spouse (i.e., their dying days) are frequently carried with the bereaved as major markers in their own life stories. The current study identifies functions of these memories. Older adults (age 70-96; N = 53) told two memories from their spouse's dying days, then self-rated them for serving directive, social-bonding and self-continuity functions (TALE; Bluck & Alea, 2011). Those who found their loss more incomprehensible (ISLES; Holland, 2015) reported using these memories for directive (i.e., guidance of behaviors) and self-continuity (i.e., maintenance of a sense of self) functions more frequently (ps < 0.05). This relation was, however, mediated by older adults' current grief (ICG; Prigerson et al., 1995). Incomprehensibility of the loss of a spouse appears to lead to intense grieving, prompting individuals to draw on memories from the loss to maintain a sense of self and direct their future.

AUTOBIOGRAPHICAL MEMORY AND END-OF-LIFE TREATMENT PREFERENCES IN CHINA
Yao Fu, and Ellen Idler, *Emory University, Atlanta, Georgia, United States*

In this mixed-methods study of religious/cultural beliefs and end-of-life treatment preferences in China, we surveyed 1,085 mainland Chinese people aged 18 or above online. We assessed the effects of past experience with dying people they have known and their own end-of-life treatment preferences in two hypothetical terminal illness vignettes. We found that respondents who knew or visited someone at the end of their lives were somewhat less likely to choose aggressive treatment for themselves in a lung cancer scenario (25% compared to 33%, p=.013). However, there was less difference in an Alzheimer's disease scenario, with a choice to use a gastric feeding tube or not (39% compared to 42%, p=.262). Open-ended responses indicate that people refer to these past experiences as a reference in making end-of-life decisions for themselves. This study provides empirical evidence that autobiographical memory has a directive function that individuals call on to inform future behaviors.

MEMORIES OF A GRANDPARENT'S DEATH: PREPARATION FOR FUTURE LOSSES
Cory Bolkan,[1] and Raven Weaver,[2] *1. Washington State University, Vancouver, Washington, United States, 2. Washington State University, Pullman, Washington, United States*

Experiences of death in early life may result in identity-defining memories that last a lifetime. Autobiographical memories serve psychosocial functions, acting as guides for future behavior. Understanding early death experiences may thus inform lifelong personal views about death, dying, and bereavement. We queried 50 adults (ages 19 – 67 years) using

a structured set of questions to recall and write about their earliest and most significant losses. The narratives were qualitatively analyzed using the constant comparative method associated with grounded theory. Results indicated a grandparent's death was the most frequently reported significant loss, reflecting the value of intergenerational relationships and the long-lasting impact of grandparent death. Themes also emerged concerning participants' reports of the benefits of actively remembering and reflecting on loss, as well as learning from others' losses, which further deepened their views of death. These findings highlight how early memories of death, including one's grandparents, can have lifelong impact.

SESSION 5675 (SYMPOSIUM)

MICRO- AND MACRO-LEVEL TIME ASSOCIATIONS: HOW DAILY LIFE SETTLES INTO LONGER-TERM PROFILES

Chair: Raquael Joiner
Co-Chair: Niccole Nelson
Discussant: Stacey Scott

Over a decade ago, Ram and Gerstorf (2009) proposed a descriptive framework to unite the study of intraindividual variability, operating at the micro-level timescale (e.g., minutes, days), and intraindividual change, operating at the macro-level time scale (e.g., years, decades). Since this proposal, several aging theories have incorporated a micro-level time component in their conceptualizations of longer-term aging processes. Furthermore, technological advancements have eased difficulties associated with data-collection at micro-level timescales, leading to an upsurge of empirical investigations of dynamic characteristics and dynamic processes. This session presents theoretical, quantitative, and qualitative research aimed at better understanding the associations between micro- and macro-level time. More specifically, 1) Nelson et al. present their novel theoretical framework linking micro-level time emotion regulatory processes to intraindividual trajectories of cognitive functioning, 2) Joiner and colleagues present a quantitative study assessing the association between daily emotion-dynamics and yearly trajectories of depressive symptomatology, 3) Bergeman et al. present a quantitative study of daily risk and resilience in relation to trajectories of health and well-being, and 4) Bouklas and colleagues present a qualitative study linking individuals' daily routines and behaviors to their general life outlooks. The quantitative and qualitative studies are based on available data from the The Notre Dame Study of Health & Well-Being, a 10-year, nested-longitudinal study that incorporates yearly questionnaires, five 56-day measurement bursts, and interview data. Discussant Stacey Scott will synthesize the presentations with Ram and Gerstorf's framework and encourage researchers to integrate shorter- and longer-term timescales into their theoretical and empirical work on aging.

DEPRESSION DYNAMICS ACROSS A DECADE: DAILY AFFECTIVE EXPERIENCE AND YEARLY DEPRESSIVE SYMPTOMATOLOGY

Raquael Joiner,[1] C. S. Bergeman,[2] Lijuan Wang,[2] Guangjian Zhang,[2] and Kristin Valentino,[2] *1. University of Notre Dame, Mishawaka, Indiana, United States, 2. University of Notre Dame, Notre Dame, Indiana, United States*

Recent conceptualizations of depression and supporting empirical work suggests that elevations and allievations of depressive symptoms can be understood from a dynamic systems perspective. Specifically, depression is proposed to result from strong-feedback loops in a system comprised of highly interdependent component parts (e.g., affect states). Supporting this perspective, individual differences in emotional interia and strong connections across emotions at micro-level timescales have been consistently associated with individual differences in depressive symptomatology such that individuals with greater emotional inertia and cross-emotion relations show higher levels of depressive symptoms. Importantly, however, individual differences do not necessarily translate to intraindividual change. The present study explores whether emotional connectivity at the daily timescale differs within individuals across a ten-year span and how these associations relate to intraindividual changes in depressive symptomatology. The results of these individual-level analyses will help further a dynamic systems perspective of depression and help inform clinical interventions for depression.

COGNITIVE ENRICHMENT THROUGH EMOTION REGULATION: A MODEL OF SUCCESSFUL COGNITIVE AGING

Niccole Nelson, Cindy Bergeman, and Nathan Rose, *University of Notre Dame, Notre Dame, Indiana, United States*

Cognitive Enrichment Through Emotion Regulation (CENTER) is a theoretical framework of development that emphasizes the role of individuals finding their proverbial "centers" in shaping their cognitive aging trajectories. Within the CENTER framework, dynamic interactions between emotion regulatory processes that occur in real time (i.e., micro-level time), and global psychological well-being that develops over several years (i.e., macro-level time), aid in the optimization of cognitive aging. Indeed, by successfully regulating emotional reactions to stress in real time, which is supported by global psychological well-being, individuals will minimize their accumulation of allostatic load across the lifespan. Such minimization of allostatic load is key to optimizing cognitive aging through emotion regulation under the CENTER framework. CENTER will be motivated by fusing research on cognitive aging, emotion regulation, stress-and-coping, allostatic load, and psychological well-being.

A LONGITUDINAL RESERVOIR MODEL OF STRESS DISSIPATION AND THE INFLUENCES OF CONCOMITANT PERCEPTIONS OF CONTROL

C. S. Bergeman,[1] Raquael Joiner,[2] Niccole Nelson,[1] and Pascal Deboeck,[3] *1. University of Notre Dame, Notre Dame, Indiana, United States, 2. University of Notre Dame, Mishawaka, Indiana, United States, 3. University of Utah, Salt Lake city, Utah, United States*

To characterize the stress regulation system, we use a reservoir to reflect how much stress an individual "holds" over time. Factors affecting what is contained in a stress reservoir are incoming stress (Input), accumulation/dissipation (Strdiss), and actions taken to discharge stress (e.g., Control). At the within person level, time-varying control predicts better Strdiss (β= -0.03±0.01, p <.001), even when controlling for between