Multiple logistic regression was used to examine the moderation effects on the associations with demographic characteristics, medical comorbidities, and BMI adjusted. After controlling covariates, one unit increasing in fruit consumption (OR: 0.61 (95% CI: 0.52 - 0.72)) or coffee (OR: 0.49 (95% CI: 0.36 - 0.67)) was associated with lower odds of stress. However, after adding acculturation as an interaction term, the negative relationship between fruit or coffee consumption with stress was moderated by a higher level of acculturation (fruit: OR: 1.05 (95% CI: 1.02 - 1.08), coffee: OR: 1.05 (95% CI: 1.01 - 1.09) respectively). The associations between dietary patterns and stress may differentiate based on acculturation level among the elder immigrants. Further longitudinal studies should investigate potential causality.

THE ROLE OF AGE, RELIGION/SPIRITUALITY, AND HUMOR IN THE OPTIMISM OF COMMUNITY-DWELLING OLDER ADULTS

Current literature reveals that perceived optimism decreases with age (D’Argembeau et al., 2011; Newby-Clark & Ross, 2003). However, replication of these studies is limited. In particular, a lack of investigations exists in examining optimism as individuals transition across older adulthood. Considering the dearth of literature that examines the influence of religion/spirituality and humor on the optimism of older adults, 203 members of Osher Lifelong Learning Institutes, age 65 years and older, from Idaho and California completed pen and paper or electronic surveys. The study used hierarchical multiple regression analysis to examine the impact of age, positive religion/spirituality coping skills, and humor on the optimism of community-dwelling older adults. The participant’s gender significantly explained a 19.3% variance in the optimism scores, whereas age did not significantly contribute to the model (R Change = .000). Positive religious or spiritual coping skills and humor significantly contributed to the variance in optimism scores, explaining a 2.3% and 21.6% variance, respectively. In the final model (F (1, 202, = 13.78, p = .000), all variables except age significantly contributed to the model with humor revealing the highest beta value (beta = .467, p = .000). The findings suggest that optimism is perceived differently by gender but does not change with age. While positive religious coping skills influence optimism, internal or external humor strategies may be more helpful to instill, promote or maintain optimism in older adults. The addition of humor assessment items in wellness evaluations and humor-infused interventions may foster optimism in community-dwelling older adults.

THE ROLE OF LAUGHTER FOR SUCCESSFUL AGING OF ALASKA NATIVE ELDERS
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During a visit over tea and pilot bread, discussing successful aging and well-being, an Inupiat Elder shared that “It’s better to live a happier life, enjoy life all you can.” These wise words inspired the theme of this chapter which explores the role of laughter in the resilience and well-being of Alaska Native Elders. Based on a decade of research, this chapter introduces the concept of Alaska Native Eldership and provides an overview of the five strands of Alaska Native successful aging that contribute to their ability to remain resilient. Laughter is a universal emotional experience, and Alaska Native Elders have taught us that it has different functions that enable us to be resilient and age successfully. Laughter is woven throughout the strands of successful aging as a key to health and well-being and this chapter discusses the four types of laughter used to protect themselves, including redirecting conversations, practicing humility, taking away the power of stressful topics, as well as sharing happiness and laughter with others. This chapter concludes with reflections on how laughter contributes to our ability to find meaning and purpose in life and strengthening our relationships with family and community so we can remain resilient as we age.

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RETIREMENT, FINANCIAL WELL-BEING, AND ECONOMICS OF AGING

BENEFITS OF WISE ORGANIZATIONS ON EMPLOYEES’ WELL-BEING: A COMPARISON OF YOUNGER AND OLDER WORKERS
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Research has shown a positive relation between personal wisdom and well-being, particularly in old age. Yet, it is unknown whether wisdom in the workplace also has a positive impact on workers’ well-being. We created a wise organization index for nine organizations based on 74 to 390 average employees’ ratings of perceived flexibility at work, work opportunities for training and development, satisfaction with work benefits, absence of time pressure at work, work-life balance, job fulfillment, and job security. We predicted a stronger relation of wise organization on well-being for older workers (N=269; age range 50-74, M=56.08, SD=5.04) than for younger workers (N=552; age range 19-49, M=35.10, SD=8.17) who can more easily change jobs. Results of multigroup analyses in LISREL 9.30 showed that the wise organization index had significant indirect effects on employees’ physical and subjective well-being at the second wave of data collection, mediated by employees’ perception of wise (fair and supportive) leadership assessed six months earlier and overall work satisfaction (career as calling, satisfaction with career progress, enthusiasm at work, and great workplace) at Wave 2. Contrary to expectations, the effects were not statistically different between the two age groups. However, physical well-being had a statistically stronger association with subjective well-being among younger rather than older workers, possibly indicating a positive health selection effect in the older age group. It appears that wise organizations encourage wise leadership and enable workers to work longer by contributing to their work-related, physical, and subjective well-being.