intervention spanning up to 18-months and 9 individual assessments. Results revealed a significant time-varying association whereby within-person improvements in negative affect dynamically covaried with improvements on the Mini Mental State Examination (p < .05) across months of participation. These findings imply that, within-persons, reducing comorbidities associated with dementia (e.g., elevated negative affect) through participation in a lifestyle intervention, may facilitate increases in cognitive function. During the current pandemic, ViM transitioned to an online choir allowing for individuals to continue participating in the intervention and to maintain necessary social connections. The discussion focuses on the implications of this virtual choral intervention and the importance of modifiable risk factors such as negative affect and social isolation on the maintenance of cognitive health.

INVESTIGATING THE CORTICAL CORRELATES OF SINGING: POTENTIAL NEURAL BENEFITS OF CHOIR FOR PERSONS WITH DEMENTIA
Nicholas Tamburri, Debra Sheets, Drew Halliday, Andre Smith, and Stuart MacDonald, University of Victoria, Victoria, British Columbia, Canada

Through leveraging the known advantages of musical engagement and socialization, choir interventions are known to facilitate psychological and cognitive benefits for persons with dementia (PwD). Surprisingly, no research has explored whether social singing may also confer neurological advantages. In this study, we employed functional near infrared spectroscopy (fNIRS) to investigate the cortical correlates of both social and solo singing in PwD (n=13). Paired-sample t-tests were used to evaluate within-person differences in frontal cortical activation between the social vs solo singing. Results showed significant activation differences in three frontal channels, with social singing requiring comparatively less frontocortical activation. These findings indicate potential neural benefits of social singing – with less frontal activation being a proxy for greater reliance on intact proceduralized systems – and serve to highlight the utility of fNIRS in better understanding the neural correlates underlying the benefits of social singing interventions for PwD.

MODULATORS OF CAREGIVER DISTRESS AND CORRESPONDING IMPACTS ON PERSONS WITH DEMENTIA
Michaela Trites,1 Sebastian Santana,1 Debra Sheets,1 Andre Smith,1 Robert Stawski,2 and Stuart MacDonald,1
1. University of Victoria, Victoria, British Columbia, Canada, 2. Oregon State University, Corvallis, Oregon, United States

Extensive literature documents the detrimental effects of caregiver distress (CD) for caregivers. Less is known about the impact that CD exerts upon their care recipients, particularly persons with dementia (PwD). Using multilevel modeling, this study employed dyadic data from the Voices in Motion study to examine time-varying within-person associations between key caregiver and care recipient indicators of psychosocial function. An initial dyadic coupling model indicated that cognitive functioning for PwD and caregiver well-being significantly predicted shifts in CD. A second

time-varying dyadic model found that, within dyads, high levels of CD predicted lower positive affect and increased depression scores in PwD. Most sociocognitive interventions target a sole member of a dyad; our results suggest that both dyad members are impacted simultaneously. Caregiver well-being impacts CD, which in turn, impacts well-being in PwD. The symbiotic relationship between care partners and PwD is nuanced, with further research required to understand the interdependencies.

Session 1500 (Symposium)

VULNERABILITY AND RESILIENCE AMONG OLDER ADULTS DURING THE COVID PANDEMIC
Chair: Carolyn Aldwin

The COVID-19 pandemic is particularly challenging for many older adults. They are strongly encouraged to practice social distancing and sheltering in place to decrease morbidity and mortality risks. However, social isolation and loneliness increase the risk of mental and physical health problems. Nonetheless, there are indications that older adults may be more resilient than originally thought. Park et al. present longitudinal findings that younger adults fared worse than middle-aged or older ones, reporting greater distress and less social support, mindfulness, and emotion regulation skills. For older participants, acceptance of negative emotions and social support predicted lower distress. Chou et al. also present longitudinal data, showing that depressive symptoms decreased among older adults during the lockdown phase of the pandemic, but reflected changes in loneliness and physical health symptoms. Stellman et al. found that moderate levels of combat experience were helpful for some older Vietnam veterans coping with the pandemic, although a few found that it made coping more difficult. Turner et al. found that positive, non-familial intergenerational contacts were associated with a higher number of positive pandemic-related changes, such as finding new hobbies and meaning in work. Finally, Aldwin et al. present a social ecological approach to vulnerability and resilience. Using qualitative data, they found that stressors and resources were reported at personal, interpersonal and societal levels. Further, older adults both took comfort from and contributed to community resources during this pandemic. In summary, this symposium identified factors that contribute to older adults’ resilience during this pandemic.

EMOTION REGULATION RESOURCES EXPLAIN MIDDLE-AGED AND OLDER ADULTS’ COVID-19-RELATED DISTRESS
Crystal Park,1 Beth Russell,2 and Michael Fendrich,2

As the pandemic caused widespread disruption across the world, studies suggested younger adults were faring more poorly than other adults. We hypothesized that younger 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