egocentric social network data and cognitive assessments of connected social networks of weaker, peripheral ties. Drawing on actions with expansive, heterogeneous, and loosely intercommunicating individuals, bridging may provide cognitive enrichment through interpersonal bridging being a primary underlying mechanism. Social and cognitive aging, with recent research pointing to social connectedness playing a pivotal role.  

SOCIAL CONTEXTS, ROLES, AND ACTIVITIES

AGING AMONG OLDER ADULTS: ORIGINS IN SOCIAL BRIDGING NETWORKS AND COGNITIVE DECLINE

Several metabolites in amino-acid pathways and urea may be also significant predictors of mobility decline in a consistent manner. Of these metabolites, 2-amino-5-methylpentanoic acid, lysophosphatidylethanolamine (18:1), threitol, and phosphatidylcholine (P-34:4)/PC(O-34:5), were the top-ranked metabolites. Of these metabolites, aminobutyric acid, xanthurenic acid, niacinamide, and androsterone 3-glucuronide were significant predictors of mobility decline in a consistent manner.

In this connection, there is a strong link between social connectedness and cognitive aging. China has more older adults than any other nation, yet a paucity of research exists on the spiritual needs of Chinese older adults. The purpose of this study was to identify: 1) common spiritual needs among Chinese nursing home residents, including the needs of residents with dementia, 2) the process staff use to identify these needs when residents are unable to verbalize them, and 3) the strategies staff use implement to meet the identified needs.

Methods: To perform this qualitative study, semi-structured interviews were conducted with 21 administrators of faith-based nursing homes, representing facilities that may be disproportionately likely to have residents with dementia. The nursing homes spanned 14 Chinese provinces. Interviews were conducted in the study participants’ native language, translated into English, and analyzed using a constant comparative methodology to identify themes. Results: Analysis produced five interrelated themes regarding older adults’ spiritual needs, which included the need to: express their faith, receive love and care, have contact with their children, interact with others, and participate in activities. Regarding For residents with dementia who are unable to verbalize their concerns, staff used two strategies to identify spiritual needs: careful observation, and communication with family members. To address the identified...
needs, staff drew from local resources and attempted to personalize services whenever possible. **Discussion:** The findings offer guidance to individuals providing holistic care that addresses Chinese older adults’ spiritual needs.