



ONE PARTNER BRIDGE WEDNESDAY NIGHT

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April 2015 Check the bulletin board in the room and the website for additional information.

Officers 2015 Gene Mitofsky President Pierce Walsh Vice President Barbara Sumner Secretary
George Kreml Treasurer Dena Barnes Asst. Treasurer Lorna Richardson Member at large
Helen Jane Nelson Matchmaker if you need a partner for Bridge We are a chartered Sun City West club.

Membership Meeting 5:30 pm **January 21, April 22, Sept 16, Dec 16**

(Board meeting will precede Membership meeting at 5:00 pm)

No Bridge on March 18, November 11 and November 18, No Bridge December 2

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....Your Brain on Bridge. Bridge works its magic through sheer complexity. Players must remember each player's cards, which builds memory skills. They must plan ahead, strategize, and use logic, all of which challenge and stimulate the brain. Plus bridge is played in groups. According to a study of adults 50 and older published in the Journal of Gerontology, social interaction markedly decreased intellectual decline.

In a study published in the June 19, 2003 issue of New England Journal of Medicine, researchers followed the leisure activities of 469 senior citizens for five years. Those who regularly played cards showed a greatly reduced incidence of dementia, while those who exercised exhibited little change from the normal population. Daryl Fisher, who taught English, speech, and debate at a New Orleans private school before moving to Rolla, MO, could have told you that from his own experience. "When I taught bridge to retired adults," he says, "you could see their interest in life perk up as they made friends and got hooked on the game."

Immunity Booster. A more bridge-specific University of California, Berkeley, study in 2000, coordinated by Marian Cleeves Diamond, a professor of integrative biology there, shows that playing bridge increases the number of immune cells. For her research subjects, Diamond chose a group of 12 female bridge players at a club in Orinda, CA. The women, in their 70s and 80s, were divided into three groups; two groups played bridge for 90 minutes, the third didn't. Blood samples were taken before and after play. The two bridge-playing groups showed a significant increase in CD-4 positive T cells, which seek out and destroy foreign bodies in the body. The third group displayed only a modest increase. The study, which Diamond presented at a New Orleans meeting of the Society for Neuroscience, suggests that brain activity might be able to stimulate the immune system.

Reasons to Love It. "Bridge is casual and funny and serious all at the same time, and you make lifelong friends," says Jennie Sauviac, who has played since 1972 and teaches bridge at the Louisiana Bridge Center. "Family pictures are a must." Daryl Fisher agrees. "Lots of get-togethers for couples revolve around bridge friends," he says. "Groups get together every month or so to have a social evening to cook dinner and play a friendly hand of bridge outside the club scene. Sometimes a romantic interest can develop," he adds. "People have ended up marrying someone they met at bridge. Sometimes it's their second or third marriage." Sounds great—so long as the first two marriages didn't end because a spouse was always off somewhere playing bridge.

Phil Scott is the author of Hemingway's Hurricane. He has written for Scientific American and New Scientist and regularly covers brain research for NRTA Live & Learn. This article appeared originally in NRTA Live & Learn, Fall 2007.