

Help find a cure for dementia

Maitland Bridge Club hosts Bridge for Brain Research Challenge



ACTIVE MINDS: Maitland Bridge Club members Jenny Coyle, Gary Parsons, Jill Parsons and President Jenny Swanson. Picture by SAM NORRIS

When it comes to Alzheimer's disease and dementia Maitland Bridge Club is holding nothing but hearts. The club helps keep members active into their 90s, which helps stave off dementia. And the membership likes to take part in the Bridge for Brain Research Challenge each year. "We see people who develop these diseases and suffer from it," Maitland Bridge Club president Jenny Swanson said. Mrs Swanson, like many of the members believes, that regular mental stimulation can only be of benefit. "People play bridge to avoid it [dementia]," she said. "It keeps your brain stimulated."

On Thursday, the Maitland Bridge Club members paid a little extra into their table fees so that the proceeds could help Neuroscience Research Australia find a cure. "Australians are big believers in the power of 'use it or lose it'," NeuRA executive director Peter Schofield said. "We are encouraging bridge players around Australia – young, old, experienced and novices – to take part in our challenge and help us find cures for disease and disorders of the brain.

" Maitland Bridge Club has 10 players in their 80s who attend regular meetings. Bridge has grown in popularity since the club opened its own hall at Wallace Street South Maitland. The club last weekend convened its annual conference which attracted 160 people. Many of them attended from outside the region. Bridge is so popular among members many of them continued to attend during the flood. This was the case even when members had to park their cars at High Street Station and cross the pedestrian bridge with their walking frames. For more information on the club and membership call 4987 2426.

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