




BRIDGE AND SCIENCE

RESEARCH AND PRACTICE

BRIDGE 60 +

CURRENT RESEARCH FIELDS

- **SOCIOLOGY** – PROF..SAMANTHA PUNCH+VERY FIRST PhD ABOUT BRIDGE
- **MEDICINE** - PROF. PAOLO WALTER GABRIELE
- **MEDICINE** – DR CAROLINE SMALL BRAIN SCANNING
- **PEDAGOGICS AND PHISIOLOGY OF SPORT** –PROF. PIOTR BLAJET
- **ARTIFICIAL INTELIGENCE** – DR. VERONIQUE VENTOS
- **ECONOMY , AGILE PROJECT MANAGEMENT** – DR. MAREK MALYSA
- **ALZHEIMER PREVENTION** – PROF. BRUNO VELLAS AND ME
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- The background of the slide features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.
- ▶ STARTING FROM 2017 WE HAVE EVERY YEAR INTERNATIONAL SCIENTIFIC CONFERENCE DEDICATED TO BRIDGE
 - ▶ FIRST TWO TOOK PLACE IN TORUŃ (POLAND) AND THIRD WILL BE IN ZAGREB (CROATIA)
 - ▶ RESULTS OF OUR STUDIES AND RESEARCH ARE PRESENTED ALSO TO ALZHEIMER EUROPE ON THEIR YEARLY CONFERENCES



WITH PRESIDENT OF ALHEIMER EUROPE AT CONFERENCE IN BARCELONA 2018



WITH PROF. BRUNO VELLAS „GURU” OF ALZHEIMER DISEASE



GUESS PLEASE WHERE THEY PLAY BRIDGE ?



MY SUCCESSFUL EXPERIMENT

- ▶ TEN MONTH AGO WE STARTED BRIDGE LESSONS AT ALZHEIMER CENTER IN WARSAW
- ▶ FAMILIES BRING PEOPLE WITH MCI EVERY DAY THERE AND TAKE THEM BACK HOME IN THE EVENING
- ▶ AT THE BEGINNING THEY HARDLY COULDNT COUNT TO TEN AND KEEP CARDS PROPERLY
- ▶ NOW 12 OUT OF 20 PLAY BRIDGE EVERY WEEK !!

„ Bridge to the People”

- ▶ FOLLOWING THIS EXPERIMENT WE START BRIDGE-TERAPHY IN OTHER ALHEIMER CENTERS IN POLAND
- ▶ FOUNDATION „BRIDGE TO THE PEOPLE” WAS CREATED TO FINANCE RESEARCH ON BRIDGE AS DEMENTIA PREVENTION
- ▶ FOUNDATION IS NON PROFIT AND WE WORK VOLUNTARY THERE

Foundation Scientific Council

- ▶ PROF.BRUNO VELLAS - FRANCE
- ▶ PROF.SAMANTHA PUNCH -SCOTLAND
- ▶ PROF.WLODZISLAW DUCH -POLAND
- ▶ PROF.PIOTR BLAJET - POLAND
- ▶ AND ME



AGILE PROJECT MANAGEMENT

- THIS MODERN THEME LOOKS FAR FROM BRIDGE . WHAT BRIDGE HAS TO DO WITH ECONOMY AND ITS STRATEGY ?
- LAST YEAR I WAS INVITED TO THE CONFERENCE DEDICATED TO AGILE

PROJECT MANAGEMENT TO PRESENT SPEACH :

„BRIDGE STRATEGIES AND AGILE PROJECT MANAGEMENT”

CONCLUSION OF DISCUSSION WAS :

**WE SHOULD RECOMMEND BRIDGE TO ALL ECONOMY AND
MANAGEMENT STUDENTS**

THIS COMPETENCE SHOULD HELP THEM

WHY ARE WE DOING ALL THIS THINGS ?

- FIRST OF ALL TO SUPPORT **PROMOTION** OF OUR GAME !!
- SHOWING **EDUCATIONAL ADVANTAGES** OF BRIDGE TO GET MORE OF YOUNG PEOPLE PLAYING IN ALL KIND OF SCHOOLS AND UNIVERSITIES
- FOR OLD ONES TO PROMOTE **DEMENTIA PREVENTION** WHICH BRIDGE IS ONE OF THE BEST METHODS
- SHOWING **SOCIAL ASPECTS** TO GET MORE MEMBERS IN CLUBS
- FOR EMPLOYERS TO **RECOMMEND** THEM STAFF PLAYING BRIDGE AS BETTER EDUCATED FOR GOOD WORK THEN OTHERS
- FINALLY TO **LINK GENERATIONS** ,PLAYING GRANDS TOGETHER PARENTS AND CHILDREN

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DOES IT WORK ?

- ▶ SEEMS IT DOES. IN POLAND BY PROGRAM „BRIDGE60+ WE GOT THOUSANDS NEW PLAYERS AND A BIT LESS NEW MEMBERS OF POLISH BRIDGE UNION
- ▶ PROJECT „PLAY BRIDGE WITH GRANDCHILDREN” STARTED
- ▶ STILL MORE AND MORE SCHOOLS AND UNIVERSITIES ACCEPTED BRIDGE IN THEIR PROGRAMS

BRIDGE 60+



BRIDGE 60 +

- ▶ PROGRAM STARTED IN 2014
- ▶ I CREATED ALMOST 300 NEW CLUBS JUST FOR ELDERLY WHERE THEY CAN LEARN BRIDGE FOR FREE AND THEN CONTINUE WITH NEW FRIENDS
- ▶ ITS ADVERTISED AS DEMENTIA PREVENTION AND AVOIDING SOCIAL ISOLATION
- ▶ MEMBERS DO ALSO OTHER KINDS OF ACTIVITY TOGETHER
- ▶ NUMBER OF CLUBS IS STILL GROWING

BRIDGE 60+

- ▶ THERE IS SPECIAL WEB PAGE WITH A MAP AND CLICKING ON YOUR TOWN YOU GET ALL INFORMATION WHERE YOU CAN FIND NEAREST CLUB AND JOIN THEM
- ▶ PROGRAM WAS ACCEPTED BY 23 EUROPEAN COUNTRIES AND RUNS SUCCESSFULLY IN MANY OF THEM
- ▶ HAVING CLUB STRUCTURE ITS EVEN EASIER TO IMPLEMENT IT IN YOUR COUNTRIES

BRIDGE 60 +

HOW TO MAKE IT RUNNING ?

- ▶ **FIRST YOU NEED CLUBS AND TEACHERS**
- ▶ **THEN YOU HAVE TO RECRUIT PEOPLE WHO ARE AT HOME, OFTEN ALONE , WITH NO ALTERNATIVE TO WATCH TV**
- ▶ **YOU CAN ADVERTISE IN SURROUNDING OF THE CLUB, IN MEDICAL CENTERS AND OTHER PLACES VISITED BY ELDERLY**
- ▶ **TEACHING PROGRAMS YOU CAN GET MANY INCLUDING NEW ONE FROM WBF**
- ▶ **FINANCING IS CLUE POINT AND.....**

PLAY BRIDGE WITH GRANDCHILDREN

- ▶ **WE CAN EASY USE BRIDGE 60+ PARTICIPANTS TO
CALL YOUNG PEOPLE TO BRIDGE**
- ▶ **IN POLAND EVERY MEMBER OF THIS PROGRAM IS
OBLIGATED TO TEACH AT LEAST ONE
GRANDCHILD TO PLAY BRIDGE AND IT WORKS**
- ▶ **YOU CAN ALSO ASK YOUR JUNIORS TO RECRUIT
GRANDPARENTS TO OUR GAME**

BE SURE IT WORKS !!!!

WHAT ELSE DO WE NEED NOW ?

- ▶ **FIRST WE NEED STRONG PROOF THAT PLAYING BRIDGE IS GOOD DEMENTIA PREVENTION STRATEGY**
- ▶ **THATS WHY FINANCIAL SUPPORT FOR OUR RESEARCH IS SO IMPORTANT**
- ▶ **I AM DREAMING TO RUN SUCH A RESEARCH FOR EXAMPLE IN CHINA . POTENTIAL OF THAT COUNTRY IS GREAT ! ARE YOU READY TO JOIN ?**
- ▶ **YOU NEED TO START BRIDGE 60+ IN EVERY FEDERATION AS SOON AS POSSIBLE TO GET NEW MEMBERS AND TO SHOW ADVANTAGES OF OUR GAME**