

# GRACEFUL JOURNEY

**Quarterly Email Newsletter  
for Eternal Souls  
Spring, 2026  
Aging and Caring Wing, USA**



## “Timeless Journey II”

The Timeless Journey, the second panel discussion took place in April 5<sup>th</sup> with Sr. Judy Rodgers, Peace Village and Br. Erik from Great Neck, New York. The discussion was enriched with sharing stories of the experiences of Brahma Baba, Dadi Janki, Brijji Mohan bhai, Mohini Didi and Dada from Peace Village who recently left the body.

On the topic of keeping the balance between independence and interdependence, brother Erik shared that instead of being critical of others, we focus on the strength of each other because we are on the journey together. He emphasized to creating relationships and friendships by appreciating and seeing benefits in everyone now, for they are for the entire cycle.

Sr. Judy shared her perspectives for increasing self-awareness which means to pay attention to ‘pacing’ yourself and to accept the limitation of your physical body. It is okay to ask for help while being independent. She values silence and taking more time for planning for service.

The recordings of the Timeless Journey are available in ‘Our Yagya’ website under Classes: <https://ouryagya.brahmakumaris.org/classes> and also in the resources at the end of this newsletter.

We are also happy to announce that Dr. Amrita Dhillon from North Carolina joined the Aging and Caring Wing recently. Dr. Dhillon is board certified in internal medicine and geriatric medicine. She treats acute and chronic conditions such as, dementia and memory problems, diabetes, depression and anxiety. She is an advocate in providing education for patients that can guide them to take charge of their health. Her article on bone health and aging is found on page 2 of this newsletter.

At the annual USA Instruments Retreat and Meeting in May, the Aging & Caring Wing is planing to present some low-impact exercises such as functional fitness movements that are mentioned in this newsletter.

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**In this newsletter  
you can find:**

The Second  
Interview/Panel  
Discussion Series  
‘Timeless Journey’

Bone Health  
and Aging  
by Dr. Amrita  
Dhillon

Do you need a  
Notary?

Functional  
Fitness

Resources





## Bone Health and Aging by Dr. Amrita Dhillon

Due to bone and muscle loss, related to aging, there is a risk for poor balance, falls and decreased mobility. Here are some preventive tips to keep the bones and the muscles strong

**CALCIUM:** The body needs calcium to build and maintain bones

How much: Women 51+ years and men 71+ years – 1200 mg per day\*. This is total daily calcium intake (from foods you eat and any supplements you take)

\*Do not consume more than 2000 mg calcium per day which can cause kidney stones

Calcium Rich Food	Calcium in milligrams
Milk, 8 oz (skim, 2% or whole)	300 ml
Non-dairy milk, 8oz (soy, oat, almond)	300~ 450ml
Yogurt, 6 oz	250 ml
Tofu, half a cup (113g)	435 ml
Beans (half cup cooked[113g])	60 ~ 80 ml
Dark, leafy greens (1/2 cup cooked)	50 ~ 135 ml

**Vitamin D:** It helps to absorb the calcium from the food and to form bones.

How much: Ages 50 and up **800 to 1000 IU Daily\*** (A cup of milk has about 100 units vitamin D)

Most of us need a vitamin D supplement to meet the daily requirement.

**\*AVOID MORE THAN 4000 UNITS PER DAY** unless you have been diagnosed with vitamin D deficiency and recommended a higher dose by your doctor.

**Exercises:** Very important for bone health:

### 1. Weight Bearing Exercises

- Brisk walking outside or on treadmill
- Elliptical machine
- Hiking on level surface
- Aerobics

### 2. Muscle Strengthening Exercises – AKA ‘Resistance Exercises’

- Lifting weights
- Using weight machine
- Using elastic band exercises
- Lifting your own body weight such as squats and lunges
- Functional body movements like standing and rising up on your toes  
(See page 4 for explanations and examples of Functional Fitness)



## Need a Notary?

From securing a durable power of attorney to finalizing end-of-life forms, Notaries can provide families with peace of mind as they navigate intense process.

### Examples of documents caregivers, 'agent' need to have notarized

1. **Power of Attorney** grants authority for a person to **act as an attorney-in-fact** for another. Once notarized, the agent can access:

- Right of survivorship (transfers to the surviving owner of the jointly owned property)
- Real estate
- Banking
- Tax matters
- Government benefits, such as Medicare and Social Security

2. **Advance Medical Directive** enables the agent to **make medical decisions** on behalf of the principal once he/she is no longer able to do so. Notarizing it gives the agent **the power to make medical decisions** in the form of:

- Medication
- Hospitalization
- Medical orders, such as a do-not-resuscitate order

3. **Living Trust** provides the agent with instructions on how **the principal wishes their estate** (assets and property) to be handled or distributed **after their death**.

Some advantages of having a living trust notarized include:

- Planning taxes
- Naming beneficiaries
- Controlling and protecting how property/assets/businesses are distributed

### How to Find a Notary

- Online Search: Search engines (Google "notary near me").
- The UPS Store, AAA offices, and Mail Boxes Etc often have on-site notaries.
- Local Government/Public Offices: Libraries, city clerk offices, and town halls.
- Notary Directories: Use specialized, trusted directories like FindaNotary.com (National Notary Association).

## FUNCTIONAL FITNESS

Functional fitness empowers adults to stay active, capable, and engaged—supporting both physical well-being and quality of life as we age.

### What is Functional Fitness?

Functional fitness focuses on exercises that **strengthen** the muscles you use in daily tasks such as walking, climbing stairs, lifting, etc. It trains the body to **move efficiently** as a whole. The exercises are **adaptable, low-impact**, and are designed to support **independence** and **confidence**.

#### Benefits:

- Keeps you **strong** and **confident** in everyday life
- Improves **balance** and **stability** and reduces the risk of falls
- Supports **joint and bone health**
- Increases **flexibility** and **energy** helping you **move with ease**
- **Reduces Stress** and **boosts mood** by releasing feel-good hormones

#### Examples:

1. Squats (Getting up from a chair or picking something up off the ground)  
<https://app.sworakit.com/exercise-library/squat>
2. Lunges (Walking up stairs or bending down to tie your shoes)  
<https://app.sworakit.com/exercise-library/lunge>
3. Pulling (Opening doors or moving objects such as furniture)  
<https://app.sworakit.com/exercise-library/reach-and-pull>
4. Deadlifts (Lifting groceries, boxes, or children)  
<https://app.sworakit.com/exercise-library/kettlebell-suitcase-deadlight-left>
5. Rotating (Twisting to turn or reach) <https://app.sworakit.com/exercise-library/seated-spine-twist>



## RESOURCES



Recording from the second 'Timeless Journey':

<https://youtu.be/J7x4X1cFsLs>

[www.bonehealthandosteoporosis.org](http://www.bonehealthandosteoporosis.org) - more information on the exercises, safe movements with pictures and videos for further guidance.

[www.healthinaging.org](http://www.healthinaging.org) - multiple topics related to issues with aging.

Finding a notary near you: <https://www.findanotary.com/>,  
<https://www.thumbtack.com/>

Online notary: <https://www.notarize.com/>

What is Functional Fitness?

<https://sworkit.com/workouts/what-is-functional-fitness-understanding-its-benefits-for-everyday-life>

<https://www.planetfitness.com/blog/articles/functional-fitness-training>

Our Yagya: <https://ouryagya.brahmakumaris.org/classes>