



JUST THE FACTS

For Baby Boomers

2026, May 23

USA



[Merging Accidents and Who's at Fault | Daniel Stark Injury Lawyers](#)

[Impulse Versus Insight: The Psychology Behind Sudden Lane Switches - LIFESTYLE BY PS](#)



INTERNATIONAL

[Driving in the UK for Americans: What You Need to Know Before You Hit the Road - A Life Away](#) - Thinking about traveling to a European country where they all drive on the WRONG side of the road? Ha! I suggest trains and also, I suggest hiring a personal tour driver! If you have that crazy urge to mix in with the natives, be sure to buy the extra insurance!



HEALTH / WELLNESS

[Longer Allergy Season: Most Affected U.S. Regions | Weather.com](#)

Are Allergies Really on the Rise?

Yes – **allergies are not just “me”**. Multiple sources show that seasonal allergies are becoming more frequent, longer-lasting, and more intense across the U.S. and globally.

Longer and Stronger Seasons

A 2026 Climate Central study found that allergy seasons have grown by an average of about **three weeks longer** since the 1970s, with 173 major cities gaining 21 extra freeze-free days. This means plants have more time to bloom and release pollen, extending the period when symptoms can occur. In Missouri, spring blooms are arriving **two to three weeks earlier** than in the past.

Pollen Levels Are High

Today, **40% of the U.S. is in medium–high pollen status**, with many regions experiencing elevated counts. This means more people are likely to be exposed to airborne allergens like pollen, dust mites, and mold.

Global and National Trends

Allergy prevalence is rising worldwide. In 2025, **over 30% of the global population** suffers from some form of allergy, with seasonal allergies and severe reactions like anaphylaxis on the increase. In the U.S., the CDC reports that about **one in four adults and one in five children** have seasonal allergies.

Why It's Happening

Key drivers include:

- **Climate change** and warmer temperatures, which lengthen the growing season and cause earlier blooms.
- **Higher CO₂ levels**, which can increase pollen production by up to 200% by the end of the century.
- **Air pollution** and environmental changes that may alter allergen exposure.

Bottom Line

If you're experiencing more allergy symptoms than before, it's likely due to a combination of **longer seasons, higher pollen counts, and environmental changes** –

not just personal sensitivity. If symptoms are persistent or severe, consulting an allergist and starting preventive measures early can help reduce impact.



FINANCES

U.S. Gasoline Prices | Historical Chart | Data | 2017-2026



FEEL GOOD STORIES

When “to serve and protect” also means “to feed and wash dishes”

When officers Stan and Jeroen, of Eindhoven, Netherlands, were called to a local woman’s house, they expected to find her in distress and help her. What they didn’t expect to find were five young, hungry children who had just watched their mother get taken away by ambulance. As they waited for relatives to arrive, the officers decided to do the neighborly thing and care for the kids. They made fried egg sandwiches with fruit for dinner and then did the dishes and tidied up the kitchen. “Together we are stronger!” they wrote in a comment **they posted**, along with a picture, to their community Facebook page. What a beautiful reminder that police are public servants and neighbors just as much as they are law enforcers.



Baby Boomers and Community Bands/Choirs

Many baby boomers are actively finding and joining community bands and choirs, both as a lifelong hobby and as a way to build social connections.

Growing participation in community music groups

Research shows that community bands have become more common as the baby boomer population grows, offering adults a way to enjoy active music engagement in their leisure time. These groups often have inclusive membership structures, making it easier for people of varying skill levels to join. Similarly, choirs – especially neighborhood and senior-focused choirs – are expanding.

Social and health benefits

Studies and organizations such as Chorus America highlight that group singing improves social skills, mindfulness, resilience, and community connections. For older adults, choirs can be a “something for us to do that we love,” providing joyful time together and an uplifting experience performing for others. These benefits are especially valuable as baby boomers seek ways to stay socially engaged and active.

Post-pandemic reconnection

The pandemic disrupted in-person rehearsals and performances, but when groups resumed, many saw renewed enthusiasm. Chorus America’s 2019 study found that 17% of Americans were singing in choirs, and post-pandemic, there was a surge in people rejoining or starting choirs for the first time. This reconnection has strengthened the sense of fellowship and artistic fulfillment.

Examples of community engagement

- **Neighborhood choirs:** Collaborative performances between choirs from different cultural or community centers.
- **Senior-focused programs:** PACE day center choirs that serve older adults, often emphasizing joy and community over technical perfection.

Bottom line

Baby boomers are indeed finding and joining community bands and choirs – not only for the music itself but also for the social, emotional, and health benefits. These groups are becoming more accessible and community-centered, making them a popular choice for active, engaged older adults.



YOU KNOW YOU'RE A BABY BOOMER WHEN . . .

You remember reading a “paper” newspaper

You enjoyed pulling the comics in color from the Sunday paper

You helped your mom peel potatoes and then prepare them for a meal with a big ol' dollop of butter on top

You can remember the Bonanza episode of Hoss and the Leprechaun

You got your first gun and holster and went outside to round up the bad guys

You got a twirling baton for Christmas (ladies) and you knew you were going to be a twirler in the band

Your family got its first Monopoly board game

PEARLS OF WISDOM

The best exercise for the heart is to bend down and help someone.

People who look for the easy way out seem to have trouble finding an exit.

Compiled by Martin E Parker

CORNY JOKES 

Why did the math book look sad?

It had too many problems.

My wife told me to stop impersonating a flamingo.

I had to put my foot down.

SMILING

**STUDENT: CAN I DO SOMETHING
TO HELP MY GRADE?**

TEACHER: UMM...IT'S MAY

**STUDENT: SORRY, MAY I DO
SOMETHING TO HELP MY GRADE?**

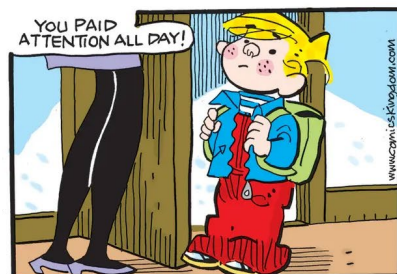
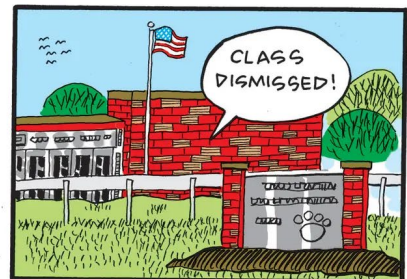
TEACHER:



JOSH SHIPP

I just ate what I thought was a feta cheese crumble from my salad off my shirt. Turns out it was deodorant. How's your day going?

Hank Ketchum's **Dennis the Menace**
SCHOOLED



Hello 😊 hope I made you smile



NEWSLETTER FOR BABY BOOMERS

This is for Baby Boomers (and anyone else who wants to join us!). “Baby Boomers” normally refers to folks born 1946 to 1964.

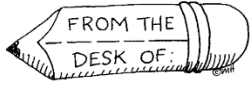
The intent of this newsletter is to be connotatively neutral, fact informative, with some attempt at amusement.

Any personal notes/responses are welcome!

If you know someone who might like our BABY BOOMER newsletter, please give them my email address: opaskipper@yahoo.com.

WHY I DO THIS NEWSLETTER

I miss Walter Cronkite, Huntley & Brinkley and those years of plain and simple factual news reporting. This is for the approximate 70 million BABY BOOMERS of the USA . . . JUST THE FACTS and FUN THINGS, the best we can muster.



Skip Parker News

Giving me something to do in retirement! 😊
Assistance from ChatGPT and CoPilot AI

