

August 8th, 2026

JUST THE FACTS for Baby Boomers

by Skip Parker

**a free weekly newsletter for Baby Boomers featuring news, health, personal finance,
nostalgia, music memories, and uplifting stories.**

Click:

<https://babyboomernewsletter.com>

to access the newsletter online



Facts About the United States

The United States of America is a country consisting of **50 independent states** in the northern part of America, sixteen territories and a district of Columbia (Washington D.C.). It is the world's third most populous country after India and China and the world's fourth largest country by land area after Russia, Canada, and China. Although Washington D.C. is the capital of the United States, it is not a state. It is a federal district located between Maryland and Virginia. This district is home to the White House and the Capitol building. Starting in 1790, Washington D.C. has been the center of the federal government and houses all three branches of government.

1. The United States of America is also referred to as “the States”, “the United States”, “the U.S.”, “the USA”, and “America”.

2. In 1783, the United States became the first country to gain independence from a European power.

3. The United States dollar is the present-day currency of the U.S. and its territories. The paper dollar comes in seven denominations, \$1, \$2, \$5, \$10, \$20, \$50, and \$100. Coins are also a form of currency in the U.S. and come in **denominations** of 1¢, 5¢, 10¢, 25¢, 50¢, and \$1. Currently, there is more than \$2 trillion worth of Federal Reserve notes in circulation.

The U.S. stopped minting new pennies in November 2025 because the cost to produce each penny now exceeds its face value. Over the past decade, the unit cost of making a penny rose from about 1.42 cents to 3.69 cents per coin. This means the Mint spends more than twice what the coin is worth, making continued production fiscally unsustainable.



INTERNATIONAL

Facts About Africa

- Lake Victoria is the largest lake in Africa and the second-largest freshwater lake in the world.
- Egypt is the most popular tourist destination in Africa, attracting around 10 million visitors per year.
- While Egypt is most well-known for its pyramids, the Republic of Sudan actually has 223 of its own pyramids, double the number of pyramids in Egypt.



HEALTH / WELLNESS

Boost your immune system naturally by focusing on a balanced diet, regular exercise, adequate sleep, hydration, and vitamin intake. [5 Natural Ways to Boost Your Immune System.](#)



FINANCES

For billers that are marketing to the baby boomer audience, it's important to provide both traditional and digital options for payments. This group might be the highest user of more traditional methods, like paper checks, but they're starting to get the hang of digital methods as well. [Age Matters: Generational Preferences in Bill Payments](#)



FEEL GOOD STORIES

Researchers and caregiving advocates say teen caregivers remain one of the most overlooked groups within the nation's healthcare and long-term care systems. Many never identify themselves as caregivers at all. They simply believe they are doing what their family needs them to do. [Millions of Teen Caregivers Are Quietly Helping Aging Parents and Grandparents — and It's Changing Their Lives | LTC News](#)



MUSIC

[Time Marches On \(2007 Remaster\)](#)



BACK THEN . . .

GoGo boots? Double breasted blazers? Puka shell necklaces? Statement glasses? Check it out: [19 Boomer Fashion Trends That Were Ahead Of Their Time](#)

PEARLS OF WISDOM

The way to end an argument is to keep your mouth shut.

Don't let yesterday use up too much of today.

Collected by Martin E Parker

CORNY JOKES

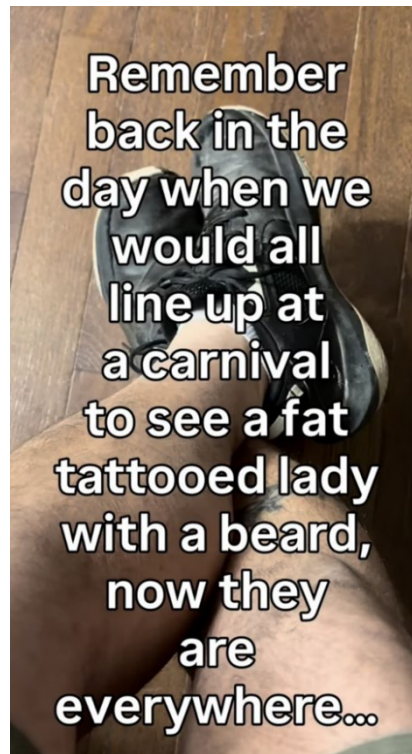


Why were the horses struggling to use the internet?
Because they were not able to find any stable connections.

Randy G

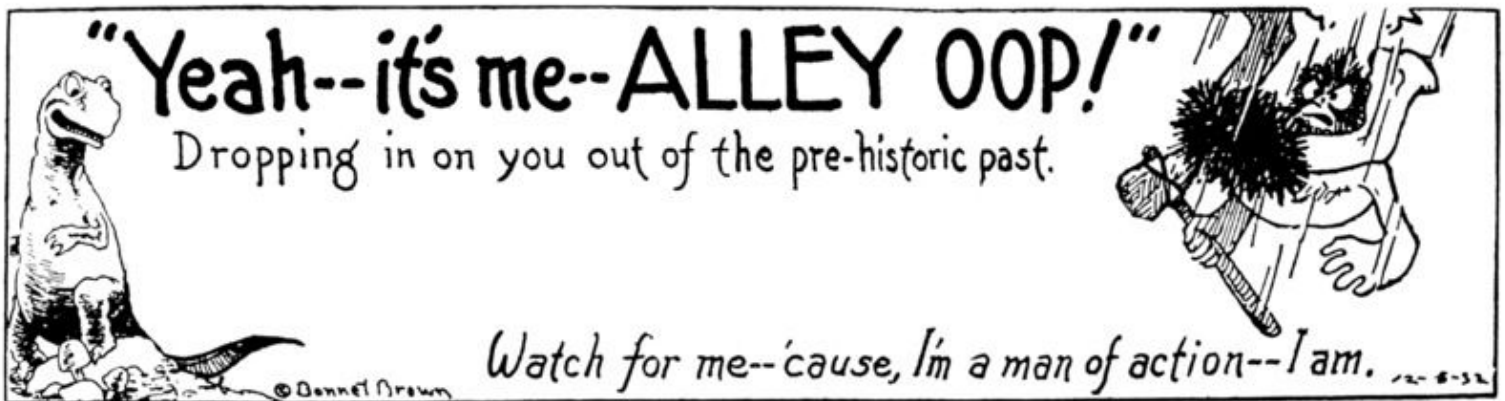
Why did the bicycle fall over?
Because it was two-tired.

SMILING



THE GUY BEHIND ME
HONKED BECAUSE I WAS
GOING 65 IN A 65 SO NOW
WE'RE BOTH GOING 40.

WELCOME TO MENOPAUSE,
KEVIN.



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.

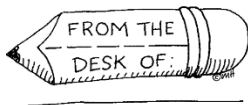
The intent of this newsletter is to be connotatively neutral, fact informative, with some attempt at amusement.

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



THE STOIC
MIND MASTERY

**The World Owes You Nothing.
Nature provides opportunities,
not guarantees. Entitlement is
the death of growth. Take what
comes and make it better.**

VINTAGE PRUDENCE | STOIC WISDOM