

Life Doesn't Stop After Retirement!!

Asbury Park Resident Has Volunteered Over 1,800 Hours During the Past Two Years

By Carrie Herman, Asbury Park Director of Marketing

Retirement living doesn't mean that one's meaningful activities come to an end. Ideally, it means that one can choose what they want to do and when to do it – allowing time for the fun things in life instead of the drudgery of going to work every day. And that is just what Norval English, independent living resident at Asbury Park, has done since he moved into his cozy two-bedroom cottage on the Asbury Park campus over three years ago.

According to Annessa Russell, Volunteer and Activities Coordinator at Asbury Park, "Norval English is a dedicated and integral part of our volunteer program. He never fails to help out when needed, no matter what the task at hand. He continually works to beautify our campus by picking up branches, weeding, pruning and planting. He loves to be outdoors and he loves to stay busy."

Norval contributed almost 800 hours of volunteer time at Asbury Park this past year, giving a total of over 1,800 hours at Asbury Park during the past two years! He paints (indoors and outdoors), pushes wheelchairs, rakes leaves, mends walls, weeds the front entrance, picks up limbs, trims shrubs, and helps other residents with their gardens and flowers and countless other ways.

Most of Asbury Park's elders and staff know Norval as the "tomato guy". In 2009 Norval grew over 1,000 tomatoes! This is the most he has ever grown in one season. And he is able to do it in his own yard at Asbury Park. What exactly does he do with 1,000 tomatoes? During the summer months he graciously takes them to all of dining areas (including those in the Green House homes) and offers them to the residents to enjoy. He also ensures the staff receives their fair share.

Norval is an all round amazing volunteer and Asbury Park would be at a loss without his service. He is also involved in several regular activities at Asbury Park such as Men's Coffee, Men's Breakfast, Cottage Carry-Ins and Singles Dinners.

Norval was born and raised in Newton, KS, attending Lincoln School (a small country grade school) and graduating from Newton High School. After graduation he joined the United States Army, completing his military training in Fort Leonard Wood, MO. He was on active duty as a cook for two years on a base in Arizona and then spent three years in the reserves. After leaving the Army, Norval returned home to his farm in Newton to help his family. He has an older brother that still lives on the farm in Newton and a younger brother that resides in Flagstaff, AZ.

He retired in 1999 after working for 34 years on the assembly line at Hay and Forage Industries (currently AGCO-Hesston) in Hesston, KS, and now enjoys fishing at Harvey County East and West Lakes, walking, bicycling, reading and playing solitaire. However his favorite pass-time by far is gardening.

Norval is always quick to offer a helping hand to friends and neighbors. In addition to all the hours he volunteers at Asbury Park, he also finds the time to mow yards for several friends. Norval genuinely cares about everyone at Asbury Park and helping to make sure that where they live and work is well cared for.