



Elena Vdovina enjoys going to the gym.



Fresh fruits and sweets are served every day for the veterans. Picture of the cook at the Sintetik health resort.



Hydro massage tubs have several health benefits. Picture of Galina Manzina.

# How workers retired from Shchekinoazot relax at the Sintetik health resort

Larisa Timofeeva.  
Photo by Alexey Piryazev.

The great French writer Victor Hugo once said: "When grace is joined with wrinkles, it is adorable. There is an unspeakable dawn in happy old age". That's exactly what we saw in the Sintetik health resort—energetic, vigorous, smiling, and happy pensioners. Today, 80 people whose professional careers were closely tied to Shchekinoazot are now relaxing, recuperating and caring for their health here.

Throughout human history, caring for senior citizens has been an utmost priority. It is a trademark of a civilised society. At Shchekinoazot, they never forget that. For a few years now, the most honoured pensioners with 30–40 years' work experience at the company have received a full range of services.

"The company provides vouchers for veterans, and we distribute them

among the most honoured retired workers and those in greater need of treatment", says **Valdimir Shuvaev**, Chairman of the Board of public organisation of social assistance to the veterans of OJSC Shchekinoazot and OJSC Khimvolokno. "This has become possible thanks to Company President and CEO Boris Sokol and the decision of Board of Directors where I also serve." This year, there have been more holiday-makers coming at one time. While in 2016 there were 50 people, in 2017 there have been up to 80 people recovering at Sintetik.

Moreover, veterans of Shchekinoazot receive various types of assistance including categorical aid. Generally speaking, retirement is the very time to travel! Interesting trips are arranged throughout the year for the veterans. The older



Valdimir Shuvaev

guests often request visits to holy places and old people often ask to get them to holy places and to bath houses.

Another good company initiative is giving 5,000 roubles monthly to all war veterans, widows of war veterans and young prisoners of concentration camps during WWII.

A voucher for 21 days at the Sintetik health resort costs 23 thousand roubles and is fully paid for by the company. This year, Shchekinoazot has provided 1,840,000 roubles for its veterans to relax and improve their health.

"We welcome holiday-makers with various medical conditions, and we try to help them all," says **Claudia Shatalina**,

a senior nurse at the Sintetik health resort. "We treat diseases of the musculo-skeletal system with ozokerite, or mineral wax. Dry carbon dioxide baths are good for people with cardiovascular ailments. We have a wide range of physical therapy procedures: amplipulse, electrophoresis, ultrasound, inhalations, quart UV irradiator. We recommend a salt cave for respiratory system treatment; this is also suitable for preventing cold-related sicknesses as well as treating bronchitis and asthma. We have a wide range of hydrotherapeutic procedures: hydro massage, pearl baths, pine and salt baths. We treat every person individually, and we see that this treatment helps them significantly. If a person has a positive attitude, then everything works!"

"Our dear guests have a very busy schedule, planned nearly to the minute," smiles **Lyubov Seregina**, director of Sintetik. "They have daily procedures prescribed by their doctor, and two times a week everyone is taken to the swimming



Claudia Shatalina

pool at the Yubileyny Sport Complex. We travel to Yasnaya Polyana, Kozlova Zaseka to take walks. We arrange evening events and competitions for the veterans, and performers from the symphony hold concerts for us on our premises. Our men are very active! One of them plays the accordion, in a very heartfelt way.



Lyubov Seregina

*We have dances every evening. If you could only see how our old folks dance! Nobody here is old.*

We serve five very balanced meals per day. For example, at breakfast time we serve porridge with a second course along with cheese and butter sandwiches and tea. All diabetics have a regular snack at 11 a.m.—curds with sour cream, baked pudding or cottage cheese pancakes. We always serve salad with a soup, a second course and drinks for lunch. For mid-afternoon snacks, there are cookies or a bun with juice. For dinner, there are salads, a second course and drinks. We also serve a late supper with a freshly baked pastry and some fermented milk drink. We always have fruit on hand.

We would like to thank Shchekinoazot for their cooperation. Our deepest gratitude for such a tender and caring approach to their veterans."

**E**lena Vdovina worked as a production engineer for 46 years in the home care production unit at Shchekinoazot. In May 2017 she retired, and this is her first trip to the Sintetik health resort as a pensioner.

"We worked in chemical production throughout our lives,

and we need to restore our health from time to time to keep in good shape," says Elena Vdovina. "I think this is very helpful. I am grateful to our company's management for this free voucher to the health resort. Most of all I like running on the treadmill, pedaling on a bike... This resort has a very friendly and warm atmosphere. We all worked at the same company, so I see many familiar faces. I talk a lot, remember the past, how young and beautiful we used to be..."

At 85 years of age, Nina Filippova is the oldest holiday-maker in the resort. However, her energy, enthusiasm and positive attitude could make even young people jealous.

"I worked first in desulphurisation, before going to the production engineer team. I was a project design leader in the company. I have been retired since 1996 and have been working at the Veterans Organisation for 12 years now. I like it here in Sintetik. The meals are tasty, and everyone is so friendly."

Galina Manzina's worked in the company for 42 years. Galina worked primarily at the Pervomayskaya thermal power station, but for the last three years before retirement she worked as a unit manager at Shchekinoazot.

"I feel very comfortable in this health resort," says Galina Manzina. "It has been freshly renovated, and everything is new, nice and cosy with a homy feel to it. We had a very warm welcome, and the staff is attentive and caring, always ready to help. Thank you very much!"



Elena Vdovina



Nina Filippova



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MIL ROUBLES was provided by Shchekinoazot for its veterans' holidays in 2017.

The Sintetik holiday resort offers massages given by professional masseuses.

THERE MAY BE CERTAIN SIDE EFFECTS. PLEASE CONSULT A PHYSICIAN