

Testimonies of Clients

A Promise of Hope...



The early Christmas cards are beginning to arrive. As I sit and read them, I see phrases like "May the glad tidings of Christmas fill your heart with joy all year," "To wish you the peace of love at Christmas and always," "A season of hope - a promise of peace - a reminder of miracles - Christmas!"

I know you receive many such greetings. Do you read the verse on each Christmas card or just the name at the bottom? The cards you receive have words like peace, joy, glory, good tidings, and the like - but have you ever thought how empty those words would be without the reality of Jesus' birth and His unselfish sacrifice?

In announcing the birth of Christ, the angels proclaimed, "Do not be afraid." But it was the words of Jesus Himself that gave man the greatest hope: "He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed" (Luke 4:18).

Wherever He went, He put people at ease. When they were sick or troubled or perplexed, He would encourage them. Don't be afraid; just believe" (Luke 8:50). But it was His teaching found in John 14 that brought clarity to a lost and hopeless world: "Do not let your hearts be troubled. Trust in God; trust also in me...do not be afraid" (John 14: 1, 27). He was the divine liberator.

At Naaman, we have the privilege of sharing this promise of hope - a message that is relevant and life-changing. This Christmas, a number of people who need hope will come through our doors. They will not be going on trips or receiving expensive gifts. Some are lonely, depressed, or afraid. Some will have lost jobs. Some are separated from children. There will be those with sad hearts camouflaged by smiling faces. They all need hope! We have a professional staff dedicated to helping those struggling with substance abuse issues. We tell them what Jesus would tell them: "I have come to offer you hope, with love and a sense of belonging. He's here for everyone, including the lonely and broken." You can make a difference in the lives of so many through your prayers and financial support.

Your contributions have helped make Naaman Center what it is today. Thanks to you, Naaman Center has been able to touch thousands of lives. We exist to serve you and your loved ones - to provide hope, healing and recovery for those struggling with substance abuse issues.

This Christmas season is a wonderful time to partner with Naaman Center and make a most generous year-end gift. Your gift of \$100, \$500, or \$1,000 today will make all the difference in someone's spouse, parent, child, or a friend's life!

Wishing you and your family the blessings of his love,
Tricia Frank, Executive Director

We Appreciate Our Volunteers

There are many who have given of themselves sacrificially over the years. Their time and skills are a blessing to Naaman Center. One of our newest volunteers is Candace Costik. She supports the office staff at Elizabethtown once a week. Her compassion for others is a blessing.



The Naaman Center was a key to a sober life for me. They saved my life and helped me realize how important life is.

- Jose

I really miss you guys and thank you for all the help over the years. Everything is looking up and I just keep moving forward... but I remember everything I've learned from Naaman Center. Thank you!

- Lindsey

The Naaman Center Offers:

- One of the most successful outpatient treatment programs for chemical dependency.
- A treatment program that facilitates the healing through Christ using the 12-step program
- A professional staff and setting, licensed by the State Department of Health, and trained Addictions Counselors.
- DOT/SAP Evaluations performed.
- Evaluations, Individual, Group, and Family sessions are offered at all locations.



Naaman Center is wonderful! Christian-based, teaching you principles and tools to use throughout life! They are non condemning, understanding, and passionate. They will work to make you a better person wherever you may be at on your journey in recovery. They truly understand and are caring. You can't leave the same as you came.

- Abby

Cranberry Stuffed Turkey Breasts

- 1 (12 ounce) package herb-seasoned bread stuffing mix
- 2 skinless boneless turkey breasts
- 1 cup chopped pecans
- 2 (8ounce) packages dried, sweetened cranberries
- 6 lettuce leaves
- 2 tablespoons olive oil
- 1/2 cup pecan halves

Preheat the oven to 350 degrees F (175 degrees C). Prepare stuffing mix according to package directions. Set aside to cool. With a sharp knife, butterfly breasts open to lay flat. Place each breast between two sheets of waxed paper, and flatten with a mallet. Spread the prepared stuffing to within 1/4 inch of the edge of each breast. Sprinkle each one with chopped pecans and dried cranberries, reserving some of the cranberries for garnish. Roll up tightly in a jellyroll style, starting with the long end. Tuck in ends, and tie in sections with string, about 4 sections around the middle and one running the length of the roll to secure the ends. Heat olive oil in a large cast iron skillet over medium-high heat. Carefully brown rolls on all sides.

Place skillet in oven, uncovered. Bake in a preheated 350 degrees F (175 degrees C) oven for 1 hour, or until the internal temperature is at 170 degrees F (78 degrees C) when taken with a meat thermometer. Do not let these get overly dry. Allow rolls to set for 15 minutes before removing string, and slicing into 1/2 to 3/4 inch circles. Leave one roll whole, and slice the other for presentation. Stuffing will be spiraled into meat. Present on your prettiest platter on a bed of curly lettuce, and garnish by sprinkling with the remaining 1/2 cup pecan halves and the reserved dried cranberries.

NAAMAN CENTER

4600 East Harrisburg Pike
Elizabethtown, PA 17022
Phone: 717-367-9115
Toll Free: 1-888-243-4316
Fax: 717-367-9759
E-mail: info@naamancenter.com
Web: www.naamancenter.com
FB: www.facebook.com/thenaamancenter
Feature Writer: Amy Schedler
Graphic Design: Marry Awad

NON-PROFIT ORG.
U.S. POSTAGE
PAID
ELIZABETHTOWN, PA
PERMIT No. 15

Naaman Center Locations:

- 4600 East Harrisburg Pike, Elizabethtown, PA 17022
- 248 Maple Ave, Quarryville, PA 17566
- 835 Houston Run Drive, Gap, PA 17527
- 39 West Vine Street, Lancaster, PA 17603
- 295 State Drive, Elizabethtown, PA 17023

Call toll free: 1-888-243-4316

Find us on Facebook!

Naaman Center Board of Directors



L to R (Back): Dr. Richard Wilson; Gabriel White; Norman Shenk, Board Treasurer; Tracy Brown; Dr. E. Daniel Martin, Board Vice-Chair; Steve Hulse
L to R (Front): Allen Carr, Board Chair; Gail Viscome; Anna Peachey, Board Secretary; Tricia Frank, Executive Director

During this Holiday Season more than ever, our thoughts turn gratefully to those who have made our progress possible. Without your continued support we would not be able to reach all those we do. We covet your prayers.

And in this spirit we sincerely say Thank You for your faithfulness. The Board and Staff at Naaman Center wish you a very Merry Christmas and a Blessed New Year!



Wise men still seek Him...

NAAMAN CENTER NEWSLETTER

Fall / Winter 2015

Excellence in Drug and Alcohol Treatment

FROM HOPELESSNESS TO HOPE

I would like to share the story of a beautiful woman that I first met when she started attending my church. One of the first things that I noticed about Jana Coffman is the way she dresses. Each and every Sunday she arrives in a beautiful dress, high heels, and tasteful makeup. Most Sundays I put on a nice pair of jeans and a nice sweater but Jana dresses to the nines. The second thing that stood out to me about Jana is her sweet spirit. She didn't have to say much; I could feel the love and peace in her heart. I am going to do my best to share her story of transformation.



Frank and Jana Coffman

Jana Coffman started drinking at age six. Her alcohol use led to drug experimentation at age eleven. She continued to use. She grew up and used and got married and had children and continued to use. She and her first husband parted ways and she remarried. She was clean for five years after her second marriage but again she relapsed. Because of her addiction she did terrible things. She used drugs while she was pregnant. She gave one son up for adoption. She aborted a child. She put drugs before her children. She was in and out of rehab four different times. She came and went from the Naaman Center multiple times. Jana spent most of her adult life abusing drugs.

In 2012, when Jana was fifty two years old, she was diagnosed with uterine cancer. It was at this time that her drug abuse peaked. She was addicted to pain pills and she was taking twelve to fourteen Percocet a day. Jana realized that if she didn't do something she would die. She admits that sometimes she wished she would die.

When Jana returned to the Naaman Center in 2012 she was a wreck. She wouldn't shower for days at a time. She said it was normal for her to go nine days without taking a shower. She wet herself. She couldn't do normal things like balance a checkbook. Her license was taken away because she was driving on the wrong side of the road. She couldn't answer simple questions. The medical director, E. Daniel Martin, and her counselor, Teresa Cote, discussed sending her to a psychiatric hospital. Jana shares that during her counseling sessions Teresa would ask her simple questions and Jana's only answer over and over again was "I don't know." Jana felt trapped. She didn't feel that there could be a way out.

In the midst of the darkness and fog that surrounded her God began to make a way. In July of 2012 Jana went to a service at her church at the time, the Church of God in Elizabethtown. The pastor that night gave a message that pierced through the fog and she went to the altar that night and cried out to God. Jana made a decision that night to go to detox.

After she was discharged from detox she returned to treatment at the Naaman Center. Jana looked forward to her sessions with Teresa Cote each week. "Teresa spoke hope and life into me," Jana shared. Teresa told Jana over and over again, "You are not hopeless, God can reach down and change you." Without drugs in her system Jana began to feel normal again and started to take pride in herself. She says "It was like being brought back from the dead." As she continued on the road to recovery Teresa encouraged her not to give up.

Today Jana is fifty five years old. She is free of addiction. Jana does all the every day things, like drive a car and balance a checkbook. She enjoys her family, including her grandchildren. The most beautiful thing about Jana is that she lives her life as if every day is a gift and she shares her joy with those around her. From darkness into light, nothing is impossible for God.

If someone that you know is struggling with substance abuse, please take hope from Jana's story. There is no one who is hopeless. Be blessed.

Annual Report
is ready for viewing.
Contact
Tricia Frank at
717-367-9115

If you or someone you know needs help,
please call 1-888-243-4316
for more information or to set up an appointment.