

# CharterBank customers champion local cancer patients

By Mary Saravia Busby  
For the Times-Georgian

CharterBank customers are helping local cancer patients in need with a gift from The Charter Foundation.

Each year, CharterBank customers vote for three eligible nonprofit organizations to receive a \$5,000 grant from The Charter Foundation. This year, one of the organizations that customers voted to support is the Choirs for Cancer Fund at Tanner Medical Foundation.

The grants are intended to help nonprofit organizations in CharterBank's markets carry out unique, innovative projects in the areas of community and economic development, human and social needs, environmental protection, conservation and enjoyment and cultural and artistic projects. Last year, The Charter Foundation made grants totaling more than \$361,000.

"Every day, there are people in our community battling for their life with extraordinary courage and grace," said Chuck Thompson, regional president for CharterBank in Carrollton.

"We are proud to play a small role in helping them by supporting Choirs for Cancer, which helps to ease the financial strain families face during this battle. We thank our customers, and everyone who supports The Charter Foundation for helping us to make a big difference for local cancer patients."

For people in our community facing cancer without a job, insurance or other resources, resources available through Tanner Medical Foundation's Choirs for Cancer fund, as well

as other cancer care and prevention related funds, provide desperately needed assistance.

CharterBank is one of many organizations that champion local cancer patients by supporting these funds. For example:

West Georgia Ambulance holds an annual Ruby S. Green Yard Sale For Breast Cancer the first Saturday of each November. Proceeds support the Ruby S. Green Indigent Mammogram Fund at Tanner Medical Foundation, established in memory of a West Georgia Ambulance employee who lost her battle with breast cancer. The fund makes mammograms possible for area women who could not otherwise afford this life-saving screening.

West Georgia Technical College supports Tanner's Mammogram Assistance Fund with its Hoops for Hope basketball tournament. This year, the tournament will be held on Saturday, Oct. 19, at Oak Mountain Academy.

The Curves & Chrome Weekend Rally for a Cure, held each July by Bikers Battling Breast Cancer Inc. supports advanced testing for Tanner breast cancer patients. Tests such as stereotactic breast biopsies, breast ultrasounds, CT scans, PET scans, MRI scans and BRCA genetic testing can help physicians determine the extent, or stage, of a patient's breast cancer and help guide informed decisions about treatment options.

Funds are raised at the "Steps To Help Breast Cancer Awareness Walk" at Ranburne High School



**Chuck Thompson, regional president for CharterBank in Carrollton (left) and Casey Pierce, CharterBank regional branch coordinator/AVP (right) present a \$5,000 check to Kathy Mathis, director of Tanner Medical Foundation to support local cancer patients through the Choirs for Cancer fund.**

to help local breast cancer patients purchase cancer care items such as headscarves and mastectomy bras through the Tanner Breast Health Patient Care Products Fund.

Like The Charter Foundation, the Carrollton Civic Woman's Club supports local cancer patients through a gift to Choirs for Cancer. Proceeds from their annual "Fall Salad Luncheon" are dedicated to this fund.

Each November, Choirs for Cancer raises funds to assist local cancer patients through the sponsorship and ticket sales of the Choirs for Cancer concert. This year, the concert will take place on Thursday, Nov. 21, at the Joshua R. Mabry Center for the Arts at Carrollton High

School.

This thrilling night of celebration and song will feature Grammy and Dove Award winner Babbie Mason, the celebrated Georgia Spiritual Ensemble performing profoundly moving spirituals, humorist Ken Kington and more exciting performers. Tickets will be available in early October online at [www.ChoirsForCancer.org](http://www.ChoirsForCancer.org), by calling 770-812-GIFT (4438) or at the door the night of the event.

"We are truly grateful to the customers of CharterBank and The Charter Foundation," said Kathy Mathis, director of Tanner Medical Foundation. "Their generosity will literally provide a life-line to patients who could not otherwise

afford their medication, treatment and other expenses related to their cancer care. The positive impact this gift will have on families in our community cannot be overstated."

Those wishing to support local cancer patients with a donation may send a their gift to Tanner Medical Foundation at P.O. Box 695, Carrollton, GA 30112; make a gift online at [www.tanner-medicalfoundation.org](http://www.tanner-medicalfoundation.org); or by calling 770-812-GIFT (4438.)

The Charter Foundation, a nonprofit charitable foundation, was established in December 1994 by the Members of CharterBank (formerly Charter Federal Savings and Loan Association based

in West Point and LaGrange, Ga., and Valley, Ala.). The Foundation provides funds to eligible nonprofit organizations in its original markets to help them carry out unique, innovative projects in specific fields of interest to enhance the quality of life in those communities.

Tanner Medical Foundation is a nonprofit organization that supports the services of Tanner Health System through the philanthropic efforts of the community. Tanner Health System serves the healthcare needs of west Georgia and east Alabama. To learn more about Tanner Health System or Tanner Medical Foundation, visit [www.tanner.org](http://www.tanner.org).



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## EAT to BEAT CANCER

Eat a variety of healthy foods, with more foods from plant sources. This includes more vegetables, fruits, and whole grains.

**Recent studies suggest that food choices may affect the risk for recurrence and survival among survivors. Most of these studies have looked at breast cancer.**

Similar to what has been seen for cancer prevention, it looks like it's the overall dietary pattern that is important for cancer survivorship – it's not one food, or even one food group, that makes the difference. It's likely the combination of many different nutrients coming from many different foods – working together – that offers the best protection. Studies suggest that the best protection comes from a diet that:

- Is high in fruits, vegetables, and whole grains.
- Includes more fish and poultry instead of red and processed meats.
- Includes non-fat and low-fat instead of full-fat dairy products.
- Includes nuts and olive oil instead of less healthy sources of fat, such as butter or trans-fats found in many processed snack foods.

~Source: [www.cancer.org](http://www.cancer.org)

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