

COME ROCK WITH US!

Rockathon 2026



Dear Friend,

Do you want to make a **real difference** in local healthcare and in the lives of Valley Manor residents?

The St. Francis Valley Healthcare Foundation invites you to take part in our **5th Annual Rockathon** – a fun, meaningful way to give back. Funds raised support urgent needs at Valley Manor, our community’s only long-term care home for 90 residents. Last year, your support helped fund a washer, curtains, Christmas and birthday gifts for residents and resident outings.

This year, we’re raising funds for **local healthcare needs, including new bathtubs, a dryer and more at the Valley Manor.**

How it works:

- **Register as an individual or a team** (up to 5 people) by calling 613-756-3045 ext. 217, email office@sfvhfoundation.com or visit us in person at 7 St. Francis Memorial Drive, Monday to Friday, 8 am to 4 pm.
- **Collect pledges** from friends, family and coworkers
- **Rock the day away** at the Valley Manor on June 19, 2026 between 10 am and 3 pm. Have your team captain assign an hour time slot during the day for each team member to rock.

There will be hourly entertainment, light refreshments and prizes.

A limited number of rocking chairs will be available on-site – let us know if you will be bringing one for your team or if you require one.

Let’s rock together for a great cause! We can’t wait to see you there.

Sincerely,

The Rockathon Planning Committee

Lisa Yantha, Sharon Florent, Julie Callon, Gwen Coulas, Darlene Turner, Susan Bernad, Sheila Lorbetskie and Christine Hudder.

About the St. Francis Valley Healthcare Foundation: The St. Francis Valley Healthcare Foundation raises funds for equipment needs and services at Valley Manor, St. Francis Memorial Hospital, and Madawaska Valley Hospice Palliative Care.



-  LIVE ENTERTAINMENT!
-  LIGHT REFRESHMENTS!
-  GREAT PRIZES!
-  HELP LOCAL HEALTHCARE!

Proceeds will help support the needs of local healthcare, including much-needed equipment at the Valley Manor long term care home!



Friday, June 19, 2026 - 10 am to 3 pm

BE A PART OF ROCKATHON 2026!

Raise funds for equipment needs, then rock with residents at the Valley Manor!

#1 ASSEMBLE A TEAM

... or choose to rock as an individual. Pick a team captain.



#2 COLLECT PLEDGES

Either online or in person. Cash and cheque donations should be returned to the Foundation office no later than June 12, 2026.



#3 LET US KNOW

Pick up your participant package at the Foundation office.



#4 ROCK WITH US

At the Valley Manor on June 19 between 10 a.m. and 3 p.m. Bring your own rocking chair. Teams can split the time up.



 CALL: 613-756-3045 X 217

 EMAIL: OFFICE@SFVHFOUNDATION.COM

 VISIT THE SFVH FOUNDATION AT 7 ST. FRANCIS MEMORIAL DRIVE

HOW TO REGISTER