



## February 2026



Dear Friends,

February is the month of love, and for us, it's also Heal-A-Heart Month. On Heal-A-Heart Day, February 14th (Valentine's Day!), we deliver a year's supply of Comfort Cubs to each hospital in San Diego. It's always a joyful and heartfelt day, and the perfect opportunity to share the love of the Comfort Cub throughout our community.

The hospitals are always so grateful to you, our generous donors and supporters, and so are we. Our Heal-A-Heart deliveries begin at home, with my amazing neighbors who help assemble the love baskets for each

hospital. These baskets are filled with Comfort Cubs, Valentine's treats, and cheerful decorations for the nurses and social worker stations.

My wonderful neighbor Diane, hand made a beautiful card for each hospital to thank them for the compassionate care they provide to women who have lost a child. Each card takes her two full days to design, color, cut, and emboss by hand. They are truly works of art. I share this because we are a very small organization. Everyone involved, especially our volunteers, pour their hearts into this program.

We walk alongside families in very difficult and heartbreaking moments. Our hope is that each recipient feels deeply cared for and loved. That feeling brings comfort, hope, and can make a meaningful difference in their healing journey. Thank you for making this work possible!

Warmly,

**Marcella**

## Heal-A-Heart Day



Heal-A-Heart Day was created to educate our local hospitals about Takotsubo Syndrome and how The Comfort Cub can help. Through the years, it has gotten bigger and bigger. Now we use the day to do our annual distribution of Comfort Cubs to hospitals throughout the city of San Diego. We bring fun baskets full of Comfort Cubs and Valentine's Day goodies for them to share with their staff. It's always a fun day to meet with everyone in person and share the love of The Comfort Cub.



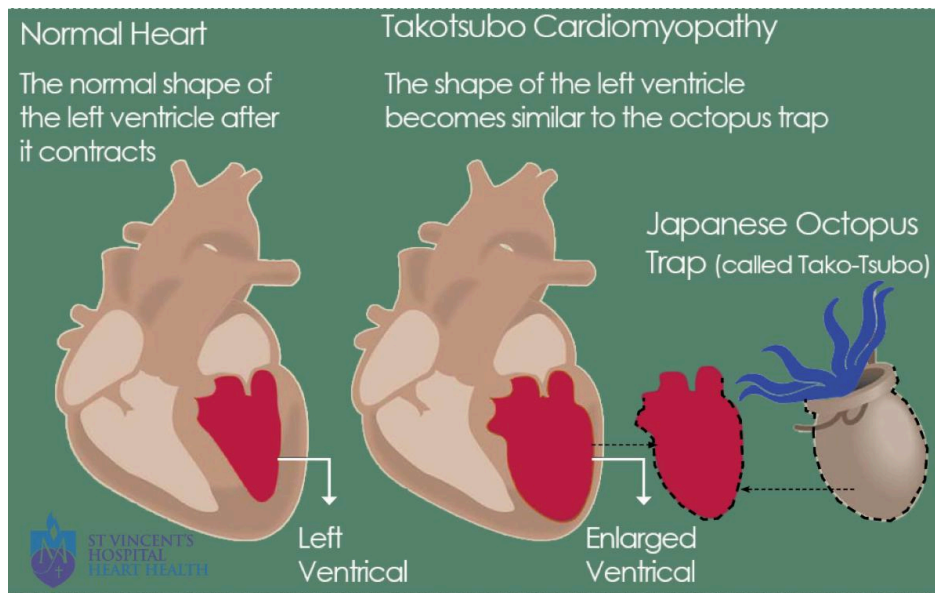
The Comfort Cub was featured in several news outlets

throughout San Diego for  
Heal-A-Heart Day, including  
NBC 7 San Diego.



**What is Takotsubo Syndrome?**

Takotsubo Cardiomyopathy is a temporary heart condition that develops in response to an intense emotional or physical experience. It is also known as stress cardiomyopathy or Broken Heart Syndrome. In this condition, the heart's main pumping chamber enlarges, affecting the heart's ability to pump blood effectively. The heart's chamber takes on the shape of a Tako-Tsubo pot, which is a Japanese fishing pot used to catch octopus. This is what our Founder, Marcella Johnson, experienced after the trauma of losing her baby. From this heartache, The Comfort Cub was born, to help mothers and others who were suffering from a broken heart to begin their healing process.



## When Heartbreak Becomes a Heart Condition

Understanding what broken heart syndrome is, how it happens and when to seek help can pave the way for recovery. [Read more here...](#)



*"I just wanted to say thank you from the bottom of my heart. This bear has filled a huge void in my arms that I didn't even realize could be soothed. I walk around the house with him sometimes, holding him close like I would a baby—and that's exactly how he feels. Soft, weighted, and grounding.*

*I've been calling the bear a boy, because my stillborn was a boy. It's a quiet way I honor him, and having this cub brings a sense of presence and comfort that words can't fully capture."*

*-N.S.*

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*"...Our sweet boy passed away. We were not able to hold him before he said goodbye, which is something no parent should ever have to carry.*

*He changed us forever. He made us a mother and father. He taught us about love that is fierce and eternal, and about grief that lives alongside it. His life — though only seven days here on earth — matters profoundly. We continue to honor him through the way we love, the way we serve other bereaved families, and through creating beauty in his name.*

*Thank you for offering comfort to families walking this unimaginable road. It means more than words can say." - C.J.*

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