



February 2023

Dear Friends,

February is always a big month here at The Comfort Cub. Every year on Valentine's Day, we visit each hospital in San Diego to show our appreciation. We deliver cases of Comfort Cubs that will be distributed throughout the year to patients who have experienced loss or trauma. I was excited to have my son, Chuck and his girlfriend Ali join us this year!

We also had interviews with San Diego's CBS Channel 8 morning news and the KTLA morning news in Los Angeles. We are always grateful for the opportunity to talk about Broken Heart Syndrome and to get the word out about how The Comfort Cub can help people.

February is the month of love and we want to close it by letting you know how much we love you all for supporting us! Thank you so much!

Warmly,

Marcella

Heal-A-Heart Day



We kicked off Valentine's week talking to CBS Channel 8 in San Diego about The Comfort Cub's distribution of Cubs to local hospitals. It was an opportunity to spread awareness about The Comfort Cub and the work we do.

[Watch the interview here](#)



On Valentine's Day or "Heal-A-Heart Day" as we call it, we loaded up early and set out to visit all of our local hospitals. We delivered cases of Comfort Cubs and thanked them for their hard work throughout the year! This year, Marcella's son, Chuck Johnson, volunteered the use of his truck to load up all the cases and gift baskets. His girlfriend Ali chipped in for the big day too!







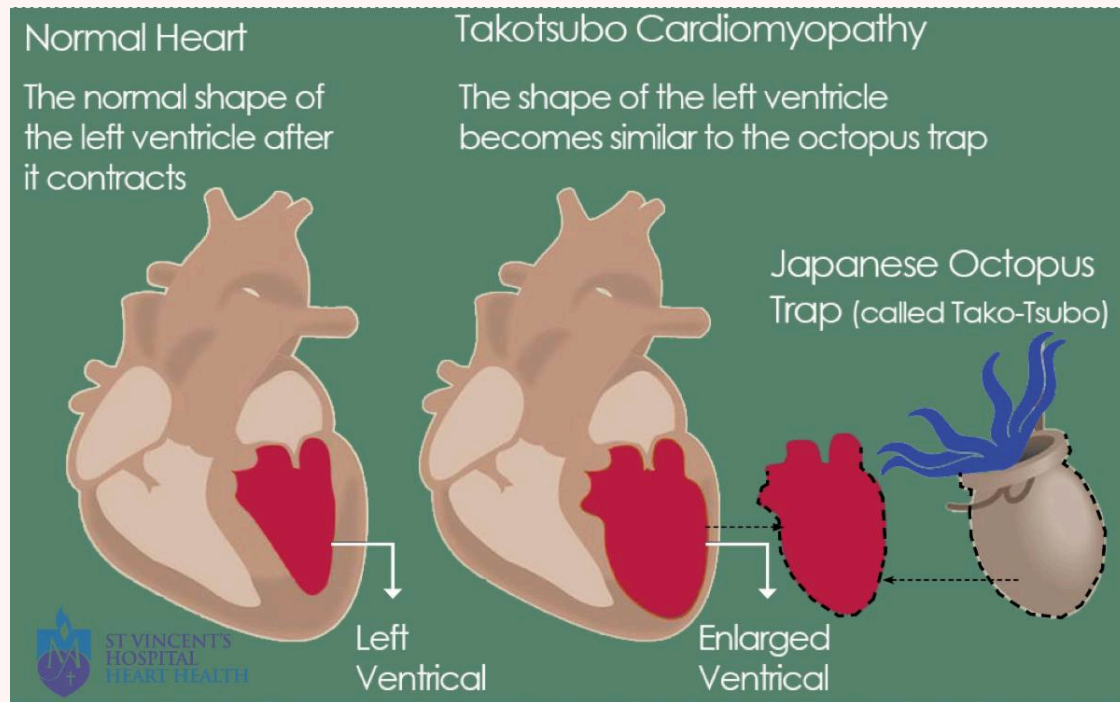
Sharing The Love of The Comfort Cub

We ended Heal-A-Heart week talking about Broken Heart Syndrome and the healing affects of The Comfort Cub on the KTLA 5 morning news.

Click [here](#) to watch.

What is Takotsubo Syndrome?

Takotsubo Cardiomyopathy is a temporary heart condition that develops in response to an intense emotional or physical experience. It's 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.



Can You Die of a Broken Heart?

The physical effects of grief and loss can lead to serious and sometimes dangerous heart problems. A recent article in USA Today talks about the potential

Ballooning of the heart, seen here on a sonogram, is a key indicator of Takotsubo cardiomyopathy, a stress-induced condition during which the heart stops pumping efficiently. (ABC News)

fatal effects of heartbreak. [Read more here.](#)



Amazon ended their AmazonSmile Program in February. We depend on donated funds to continue to provide Comfort Cubs to those who need them. We are asking our supporters to kindly consider becoming a monthly donor. Even if it's \$10 per month, any amount makes a difference. Become a recurring monthly donor through our website today!

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