



February 2024



Dear Friends,

Love is in the air! February is our Heal-A-Heart Month. This is when we make our annual distribution of Comfort Cubs to all the hospitals in our hometown of San Diego, California. It is always a fun and festive occasion. We deliver a year's supply of Cubs to each hospital on Heal-A-Heart Day, February 14th (other folks call it Valentine's Day). It is the perfect day to spread the love of the Comfort Cub to our community.

The hospitals are always so grateful to you, our donors and supporters. And so are we! It takes a village to cover the whole city. It starts with my wonderful neighbors who help me build the love baskets for each hospital. The baskets are full of Comfort Cubs and various Valentine's Day goodies and decorations to decorate their workstations.

This year, my neighbor Diane, hand-made a beautiful card for each hospital to thank them for helping women who have lost a child. It takes her two days to make each card as she cuts everything by hand, designs and colors and embosses everything herself. It is a work of art! I tell you all this because we are a very small organization but everyone involved, including our volunteers, put their hearts and so much love into our program. We deal with very difficult and sad situations and want our recipients to know they are deeply cared for and loved. Knowing this gives them hope and makes a big difference in their healing. Thank you all so much for making this 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, and 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.





**Jacobs Medical Center
at UC San Diego Health**



This year we were lucky to be given a private tour of Jacob's Medical Center Childbirth Facilities and NICU at UC San Diego Health on Heal-A-Heart Day. UCSD is ranked #1 in San Diego, according to the 2023-2024 U.S. News & World Report "Best Hospitals" survey and placed among the nation's best healthcare providers. We are honored to provide Comfort Cubs as a resource to their patients.



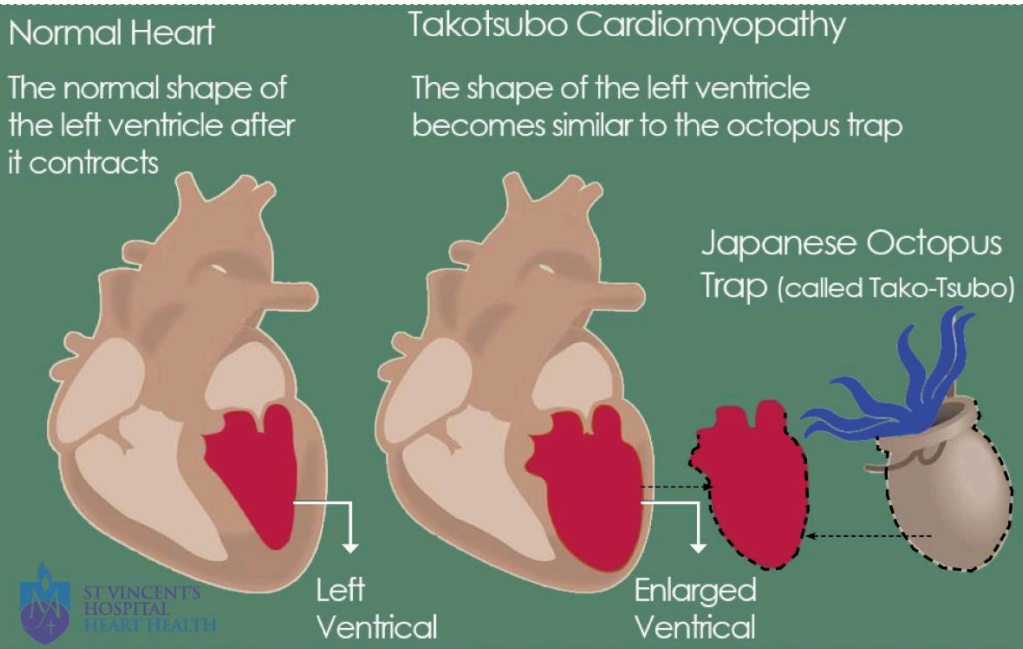


Serving Military Families

Our hometown of San Diego has a strong military presence. We provide Comfort Cubs to their two largest military treatment centers, the Naval Hospital Camp Pendleton and the Naval Medical Center. We are so proud of our men and women who fight to protect our country. It is an honor and a privilege to serve them.

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.



Is Broken Heart Syndrome Real?

Broken heart syndrome may sound like a curse suffered by characters in fairy tales, but it's actually a very real and

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)

serious condition. [Read more about Broken Heart Syndrome here...](#)



"The workers I supervise handle urgent investigation cases, along with long-term treatment services cases. My workers sometimes have to take children to the hospital due to physical abuse which leads to a long night, and sometimes ending with children coming back to the office awaiting foster care placement. Our office does not have many accommodations to make children feel "at home." This Cub would provide support to the children that come into the office. My workers could bring the Comfort Cub into the community with them when they are dealing with crisis situations to help provide some relief to the children." -J.A.



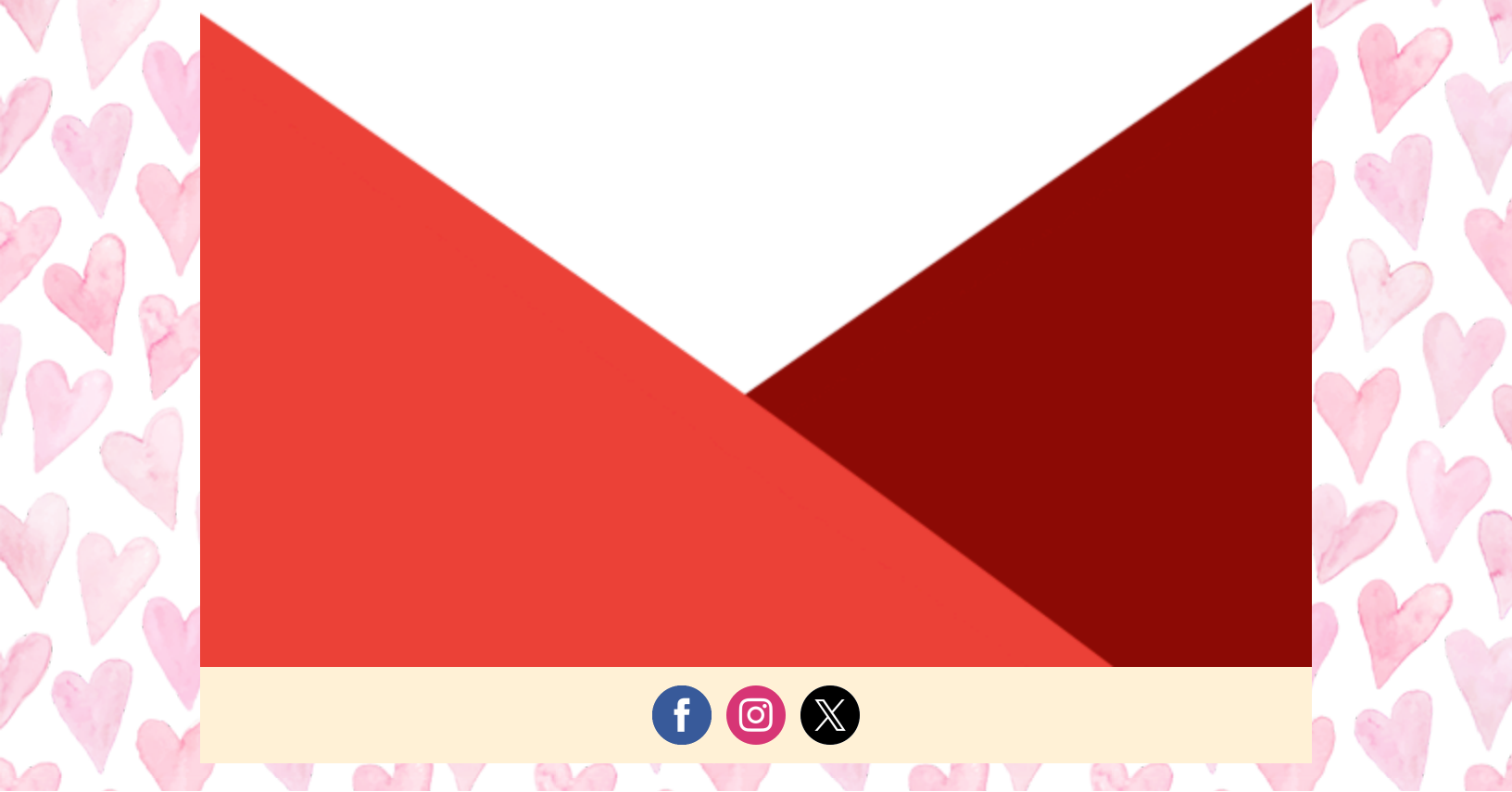
"When my due date came on Dec. 30, 2023, my arms ached and felt so empty. When I told my therapist, she said that empty arm syndrome was real and she told me about Comfort Cubs. I have severe anxiety and a lot of trouble sleeping and I believe the comfort cub would be very healing for me." -J.S.

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