



February 2025



Dear Friends,

February is the month of love, and it's also our Heal-A-Heart month. We deliver a year's supply of Cubs to each hospital in San Diego on Heal-A-Heart Day, February 14th (Valentine's Day!). It's always a fun and festive occasion, 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 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 for the nurses and social worker's workstations.

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, 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.



Comfort Cub donates 500 weighted teddy bears to local hospital workers for patients with...
fox5sandiego.com

The Comfort Cub was featured in several news outlets throughout San Diego for Heal-A-Heart Day, including Fox 5 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.

Normal Heart

The normal shape of the left ventricle after it contracts



Left Ventricular

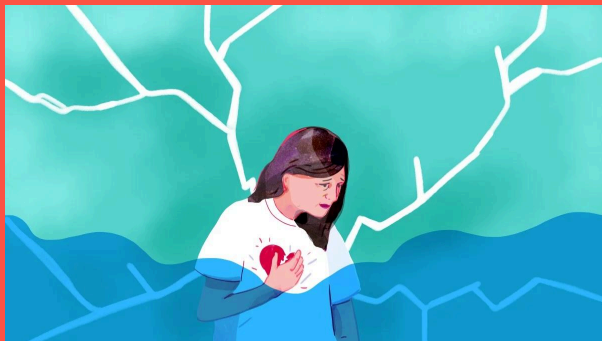
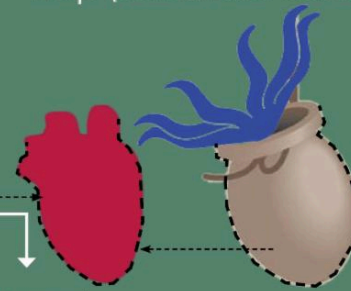
Takotsubo Cardiomyopathy

The shape of the left ventricle becomes similar to the octopus trap



Enlarged Ventricular

Japanese Octopus Trap (called Tako-Tsubo)



She suspected a heart attack, but was diagnosed with broken heart syndrome. [Read more here...](#)



"I am writing on behalf of one of my students. I work with teen moms, and one of our beautiful moms named Betsy went in for an emergency c-section and unfortunately, the baby didn't make it. She was full-term and is now living life without her beautiful



"I received my Comfort Cub today and I just wanted to thank you. Thank you for being so kind." - D.G.

baby. As a loss mom myself, the Comfort Cub really meant so much to me during my healing journey. I would love for her to have one too."
- C.M.

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