

Mits Aoki Legacy Foundation https://mitsaokilegacyfoundation.org/

7th Annual Meeting & Scholarship Luncheon*



Hikari ~ Shining the Light: Humor, Culture and Healing



Hob Osterlund, APRN

Saturday, January 11, 2025

10:30 AM - 2:30 PM (Registration 10:30 AM) Church of the Crossroads, 1212 University Avenue



Seating is limited, scan to register by <u>January 3rd.</u>

*This event is free of charge; registration is required, & donations are appreciated.



Announcing the 2024 Mitsuo Aoki Community Service Award, Hob Osterlund, APRN

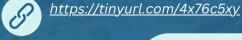
Donate to the Scholarship Fund https://mitsaokilegacyfoundation.org/donate-1



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GUEST SPEAKER



Kahu Makanihouolana ihale Tabura

Director of Cultural Practice & Education,

Waianae Coast Comprehensive Health Center in the Ho`okuola Pain Management Clinic Malama Recovery Services Clinic; Certified Native Hawaiian Cultural Practitioner; Director of Cultural Health & Wellness, 3Piko, LLC; Cultural Consultant/Practitioner, Imua Health Group; former Po`o (Chairman) Kako`o Council, Kalaniho`okaha Traditional Healing Center.



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The Mits Aoki Legacy Foundation aims to make accessible the pioneering work of Reverend Dr. Mitsuo Aoki, and others, by teaching and promoting a holistic approach in the areas of health, healing, death, and dying, to individuals, groups, organizations and institutions. Learn more at our website.



<u>CLICK HERE for an important announcement of the Dr. Reverend Mitsuo Aoki Scholarship Fund (October 2024)</u>



Hob Osterlund, APRN - Mitsuo Aoki Community Service Awardee

Hob Osterlund was Hawai'i's first acute pain management clinical nurse specialist. In 1988 she pitched a proposal to The Queen's Medical Center administration, a proposal inspired by an identified need from patients, staff and physicians. For the next 16 years, she and a gradually growing (and beyond exemplary) nursing staff saw thousands of patients from oncology, trauma, ICU, orthopedics, surgery, and virtually every other area at QMC. In addition to pharmaceutical management, the team integrated Healing Touch, Guided Imagery, and canine visits into their service. In 2004 QMC successfully recruited the medical director of the team's dreams, and the program took a giant leap forward. It has been growing thus ever since. With a goal of gentle entertainment in mind, Hob also performed and produced two films of her live comedy act, Ivy Push, RN. Both films became featured elements of a hospital-wide Chuckle Channel. In 2011 Hob fledged to a new life's purpose on Kaua'i. The Pain and Palliative Care team continues to be a widely respected and integral part of care at QMC. Hob attributes its impact to the spirit, talent and energy of many stellar individuals, and, of course, to a hefty dose of Grace. In the end, it was a childhood memory of her own mother's painful breast cancer death that steered Hob on this life trajectory. It is to her, Beatrice May Hobdy (herself a public health nurse), she dedicates this award.



Check out his
Culturised Podcast to
hear about cultures
throughout Hawaii.
https://www.culturise
d.com/

Kahu Makanihouolana`ihale Tabura - Guest Speaker

Makani was raised on the island of Lana'i where, from an early age, he learned the importance of culture and our relationship with Akua, higher power; the 'aina, the land; and Na Po'e Kanaka, the people; and the important balance of all to achieve Mauli Ola, the breath of life and power of healing. Throughout his early years, he helped mentor and work with at-risk teens and worked with Local and National Native organizations, Na Pua No'eau, Pacific American Foundation, and The Native Hawaiian Education Association, teaching and sharing the importance of cultural knowledge, practices, and concepts of traditional health, wellness & fitness. Combining his knowledge of traditional healing practices taught to him by his Grandmother, a nurse and cultural practitioner, with his university studies in exercise science, his study of hula, and studies in health & wellness with his cultural knowledge, he created the first Hawaiian-based health & fitness program filled with cultural activities and curriculum for hotels & resorts throughout Hawaii, such as the Hilton Hawaiian Village, Hale Koa Hotel, and Sheraton Resorts.

Makani is currently the Director of Cultural Education and a Cultural Practitioner at Hoʻokuola Pain Management Clinic & Malama Recovery Services at the Waianae Coast Comprehensive Health Center, former Poʻo (Director) of the Kakoʻo Council at the Kalanihoʻokaha Traditional Hawaiian Healing Center. He is also a curriculum writer for the Hoʻokuola Pain Management Clinic, and Kealaokekoa & Malama Recovery substance abuse clinic, where he developed a successful, culturally based addiction recovery curriculum.

Makani prides himself on making sure everything he does personally and professionally is culturally based and balanced with traditional knowledge and contemporary thought. His main Kuleana, a responsibility gifted to him by his Kupuna...is to preserve, perpetuate, and practice traditional, Native health, wellness & healing.