



**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  
**January 3rd.**

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



<https://tinyurl.com/4x76c5xy>



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



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



**Questions**  
[info@MitsAokiLegacyFoundation.org](mailto:info@MitsAokiLegacyFoundation.org)



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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.



# Mits Aoki Legacy Foundation

<https://mitsaokilegacyfoundation.org/>

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.



**[CLICK HERE for an important announcement of the Dr. Reverend Mitsuo Aoki Scholarship Fund \(October 2024\)](#)**

## **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.

## **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 Maui 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 Ho'okuola Pain Management Clinic & Malama Recovery Services at the Waianae Coast Comprehensive Health Center, former Po'o (Director) of the Kako'o Council at the Kalaniho'okaha Traditional Hawaiian Healing Center. He is also a curriculum writer for the Ho'okuola 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.



Check out his  
Culturised Podcast to  
hear about cultures  
throughout Hawaii.  
<https://www.culturised.com/>