

# Healthy Minds, Stronger Communities



HEAD FORWARD  
SOUTH DAKOTA

## PIERRE REGIONAL BRAIN HEALTH EVENT

### FREE Community Event

Saturday, October 24, 2026 | 9 a.m. – noon CT

Oahe Family YMCA - North Entrance

## CHOOSE WHAT INTERESTS YOU

Explore local resources, participate in free health screenings, and attend educational presentations throughout the morning. Choose what interests you most and enjoy the event at your own pace.

|                                                             |                                                                                                                                                                                              |
|-------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Community Resources</b><br>East Gym                      | Connect with local organizations and explore resources for brain health, healthy aging, dementia, caregiving, and community support.                                                         |
| <b>Free Health Screenings</b><br>East Gym & Small Classroom | Take a few minutes for your health! Free screening opportunities may include blood pressure, blood glucose, and hearing, along with information to help you stay informed about your health. |
| <b>Educational Presentations</b><br>Large Classroom         | Hear from local and statewide experts on brain health, dementia, caregiver support, and community resources.                                                                                 |

## PRESENTATION SCHEDULE

| Time             | Presentation                                                                              |
|------------------|-------------------------------------------------------------------------------------------|
| 9:00-9:10 a.m.   | Welcome & Healthy Brain Initiative Overview   Kari Senger                                 |
| 9:15-9:45 a.m.   | Supporting Brain Health in Our Community   Michelle Kutner                                |
| 9:50-10:20 a.m.  | 10 Warning Signs of Alzheimer's Disease   Michelle Kutner                                 |
| 10:30-10:50 a.m. | Embrace the Joy in Dementia   Heather Janes                                               |
| 11:00-11:30 a.m. | Dementia Discussions with Your Health Provider   Dr Rebecca Hruby                         |
| 11:35-11:55 a.m. | From Awareness to Action: Introducing the Healthy Brain Community Toolkit   Renee Robbins |
| 11:55 a.m.-noon  | Closing Remarks                                                                           |

**Childcare is available during the event, provided by the Oahe Family YMCA staff. Children can play with big building blocks, a space maze, and a ball pit. Free for YMCA members, \$5 per non-member child.**

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## PRESENTER BIOGRAPHIES

### **Kari Senger, BS**

*Program Coordinator, Healthy Brain Initiative-Head Forward SD, Black Hills Special Services*

Kari Senger works for Black Hills Special Services Cooperative, where she serves as the Coordinator for the SD Department of Health's Healthy Brain Initiative, Head Forward SD. She leads the South Dakota Healthy Brain Coalition and works with partners across the state to promote brain health, dementia risk reduction, early detection, and support for those impacted by dementia, including families and caregivers.

### **Michelle Kutner, MSW, CSW**

*State Program Director, Alzheimer's Association – South Dakota Chapter*

Michelle Kutner is a licensed social worker and State Program Director for the Alzheimer's Association – South Dakota Chapter. She provides education and support for individuals and families affected by dementia, partners with volunteers across the state, and promotes lifelong brain health through education and community engagement.

### **Heather Janes, CDP**

*Owner and Founder of Monarch Dementia Care Services*

Heather Janes, Owner/Founder of Monarch Dementia Care Services is a passionate visionary bringing quality senior care to individuals. Working in the healthcare field for over 25 years, Heather has found her passions to be for the aging, those living with dementia and those at end of life. Through her extensive training in Dementia, Heather brings you ways to find joy in possibly the hardest season of your life.

### **Dr. Rebecca Hruby**

*Doctorate of Nursing: Certified Nurse Practitioner Neurology*

Dr. Rebecca Hruby has more than 12 years of experience in neurology, having practiced with Avera and subsequently with the Veterans Health Administration. She is currently a professor of graduate nursing at South Dakota State University and is a Certified Multiple Sclerosis Specialist. Her clinical and academic experience brings valuable expertise in neurological health, patient education, and nursing practice.

### **Renee Robbins, BS, RRT, RPFT, CDP, CDES**

*Program Manager, South Dakota Foundation for Medical Care*

Renee Robbins is a Program Manager at the South Dakota Foundation for Medical Care, serving as a project lead and key partner in South Dakota's Healthy Brain Initiative. In this role, she oversees the development of the Healthy Brain Community Toolkit and collaborates on statewide efforts focused on brain health promotion, dementia education, and caregiver support.