

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.

Community Resources East Gym	Connect with local organizations and explore resources for brain health, healthy aging, dementia, caregiving, and community support.
Free Health Screenings 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.
Educational Presentations 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

Child Watch 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.