



AUGUST, 2026

WHEATLAND NEWSLETTER

HOW TO REACH US

Administrative Assistant

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Housing Manager

Cheryl Ekren
(701) 787-7566

Housing Coordinator

Traie Dockter
(701) 787-7563

Charge Nurse

Cris Mitzel
(701) 787-7602

Personal Care Assistant

(701) 885-2431

Life Enrichment Coordinator

Megan Chute
(701) 787-7880

Director of Dining Services

Rachael Herberg
(701) 787-7804

Director of Environmental Svcs.

Brian Sand
(701) 787-7838

Account Specialist

VSL on 42nd & Cherry Street
Therese Brierley
(701) 787-7823

Chaplaincy

Charles "Bud" Johnson
(701) 787-7895

NATIONAL FRIENDSHIP DAY (USA)

National Friendship Day is celebrated on the first Sunday in August. Friendship is an essential part of life and one of the greatest blessings.

This special day is the perfect opportunity to let your friends know how much they mean to you and to spend time together doing the things you enjoy. It's about the people who walk beside you throughout life - those who celebrate your accomplishments, and stand by you in life's challenging times.

At Wheatland, friendships are formed every day - between residents, between residents and staff, and among staff themselves. It's truly a blessing to watch these relationships grow, creating a warm, caring, community for all of us.

As we celebrate National Friendship Day, take a moment to thank the special people in your life. It's a great time to say "Thank you for being my friend".

CARE PARTNER OF THE 3RD QUARTER



Wheatland is pleased to announce Dario Situm as our 3rd Quarter Care Partner!

Dario has been a valued member of the Wheatland maintenance team since January, 2026. Residents and staff refer to him as "Johnny on the Spot" because of the quick response and ability to complete work orders on a timely basis.

We are happy to recognize Dario with this well-deserved Care Partner award.

Thank you Dario, for your hard work, dedication, and commitment to providing excellent service to our residents and staff. Congratulations!



PATRICIA “PAT” O’BRIEN HENRY



Patricia “Pat” O’Brien was born on November 21, 1943, in Medford, OR. Pat is the daughter of John O’Brien, who served in the military, and Marjorie Nettleton, a homemaker.

Pat and her mother relocated to Mohall, where she grew up alongside one brother and four sisters. Much of Pat’s childhood was spent on her grandparents’ farm, just outside of town. Her mother helped care for the farm, where the family raised livestock and grew small grains.

Needless to say, living on a farm involved chores. Pat didn’t mind the chores. She loved to chase kittens, pick eggs, milk cows, put hay in the hayloft, and anything else to stay outside. She did everything she could to escape housework.

Pat enjoyed school. She loved learning and looked forward to going to school each day. Growing up on a farm meant there were few children her age living nearby, so riding the school bus gave her the chance to spend time with friends. During some of the winter months, when the weather made travel more difficult, Pat would occasionally stay in town so she could walk to school with her classmates.

Pat was active both in school and in her community. She participated in church activities, attended local dances, belonged to 4-H and played in the school band. Music became an important part of her high school years, bringing opportunities to travel and perform.

Every year on the last date of school, the band would fill the busses and head north to a large band festival in Moose Jaw, Saskatchewan, Canada. The trip always came with one familiar dilemma-what to wear. There wasn’t enough room on the bus to bring much luggage and they couldn’t simply wear their band uniforms for the entire journey. Somehow, they always managed to make it work.

One of the band’s greatest honors came when it was selected to serve at the Governor’s Band during Governor Bill Guy’s administration. For one school year, the students traveled throughout the region, performing at events wherever Governor Guy was speaking and a band was needed. It was an exciting experience for Pat.

One of Pat’s favorite childhood stories involves her uncle’s unique “house on a sled”. Built as a simple wooden shelter mounted on sled runners, it provided warmth and protection during winter trips to town for groceries. It was a practical solution for North Dakota winters.

While attending Minot State University, Pat worked in the library as she pursued her standard teaching certificate. In 1961, while going through the lunch line on campus, she met the love of her life and her future husband, Gordon “Gordy” Henry. Gordy was working in the cafeteria recording student meal tickets. Their romance blossomed quickly. Their first date was on February 1, 1962, they became engaged two weeks later on Valentine’s Day, February 14, and were married on June 23 of the same year.

After their marriage, Pat and Gordy moved to Tioga where Pat taught fifth grade for one year. Gordy taught high school biology, and coached basketball and track. He was also the assistant football coach.

In 1965, the couple moved to Grand Forks, which would become their lifelong home. Gordy accepted a position at the University of North Dakota as Head Resident of Squires Hall and later Walsh Hall. The couple lived with the students in the residence halls for three years while Gordy completed his doctorate degree in Counseling and Guidance; Pat earned a Masters degree in Library Science and education.

While Gordy completed his doctoral degree, Pat earned her two-year teaching certificate in elementary education and library science. She then spent 30 years as a librarian in the Grand Forks school system, where she also cataloged the district's audiovisual materials, including filmstrips and movies.

As head resident of the dormitories, part of their duties was to keep the noise down so students could study. Pat joked that she was known as the "battle axe". During one basketball season, two noisy students were scuffling in the hallway. Knowing they weren't basketball fans, she "strongly encouraged" them to attend a game with her and cheer as loudly as they could, and they did. Pat thinks the only reason the students listened to her is because she was married to the head resident.

While living in the dormitories, Pat and Gordy welcomed their first child, David in 1969. After moving off campus, the couple expanded their family with Judy in 1972, followed by Michael in 1974.

Over the years, the Henry's hosted many of UND basketball, football, and track athletes, as well as student government members and scholarship recipients for meals in their home.

After David was born, Pat worked only occasionally, giving the Henry family summers free to spend together. They traveled throughout the region with their children, often camping along the way. One memorable trip took them to Sioux Falls for a basketball tournament. After Gordy retired, he and Pat continued traveling with their family, visiting North Dakota state parks and Pat's relatives in Iowa.

After Gordy passed away on September 10, 2024, Pat and David continuing living in their home along with two of their five grandchildren who were attending the University of North Dakota. To give their grandchildren more space, Pat and David moved to Wheatland Terrace on March 21, 2026. Pat loves living at Wheatland and says she receives excellent care and is "spoiled rotten".

VALLEY FEST

Valley Fest will be held on Wednesday, September 2 from 5:30-8:00 pm. This year's "All American" theme celebrates patriotism with an evening of fun for everyone. Join us in the front parking lot to enjoy the music, games, snacks and much more, and best of all "it's all FREE!"

Bring your families, children, grandchildren, great grandchildren, neighbors, friends, and even your pets, for this fun-filled community celebration. More details coming soon!

SPECIAL BREAKFAST/TAKE OUT TUESDAY

The date for the next **Special Breakfast** is Thursday, August 27. French toast will be served.

The next **Take out Tuesday** for Wheatland residents and staff will be September 1. A traditional Japanese meal will be served from Sakura. The meal will be served at supper-time.

AUGUST BIRTHDAYS



RESIDENTS

Wednesday, August 19	Eleanor Bergeron
Thursday, August 27	Cheryl Fedje

STAFF

Saturday, August 1	Kim O'Connor
Friday, August 7	Sessalie Swanson
Saturday, August 8	Ashlynn Birst
Monday, August 10	Leroy Helmoski

The monthly birthday celebration for residents and staff will be celebrated on Tuesday, August 25 at 2:30 pm

Each month the residents who have birthdays during the month are listed in the newsletter, recognized during lunch, and their names printed on a poster. If you would rather NOT be acknowledged, please let Jodi (701-787-7621) know.

AUGUST EVENTS

Friday, August 7	Scenic Drive	1:30 pm	SIGN UP IN FIRESIDE ROOM
Tuesday, August 11	Town Meeting	2:30 pm	Fireside Room
Wednesday, August 12	Caramel Rolls	3:45 pm	Fireside Room
Tuesday, August 18	WT Welcome Home Open House	1:00 pm	Fireside Room
Friday, August 21	Scenic Drive	1:30 pm	SIGN UP IN FIRESIDE ROOM
Saturday, August 22	Music - Michelle & Mary Dawn	10:00 am	Fireside Room
Tuesday, August 25	Monthly Birthday Celebration	2:30 pm	Fireside Room
Friday, August 28	Music - Luke Votova	2:30 pm	Auditorium

** Mondays - am - Music with Mary Dawn/ pm - Music with Lindsey

** Tuesdays - am - Catholic Mass/ pm - Bingo

** Wednesdays - Worship Service

** Thursdays - News & Brews (Subject to change)

** Thursdays - Bible Study

Thursdays - Shopping (SIGN UP IN FIRESIDE ROOM**)

** Fridays - Manicures

** Sundays - Worship Service (Channel 98)