Mona Madalyne Patterson Gilmer was born November 3, 1921 in Carden, Texas, a small community in the vicinity of Live Oak Baptist Church, Gatesville. She was the oldest daughter of four children born to John Floyd Patterson, Sr. and Georgia Elizabeth Jones.

Pat, as she was later called, attended Bigham School, a two-room schoolhouse, which also served as Live Oak Baptist Church. In eighth grade the family moved to White Hall for one year, and then to the Ames Community where she rode on the school bus driven by "Papa" Jess Weaver from grade nine until she graduated Gatesville High School in 1939 at the age of 17.

Pat was always athletic, always fast, winning races at the county meets. She was coached from an early age by Uncle Monroe Mayhew in basketball as a youth and continued playing the sport throughout her high school years. Pat was a member of the GHS Varsity Basketball Team, led by Coach Fred Schwartz, who gave her the nickname, Pat, short for Patterson. That team went on to win the Texas State Women's Basketball title of 1939, the first year in the state of Texas that girls' basketball had a state playoff. No other Gatesville team has been able to duplicate that accomplishment. Pat represented her team at the GHS Sports Banquet when they were inducted into the Gatesville Sports Hall of Fame in 2016.

She attended Parkland Hospital School of Nursing before raising her six children in the Ames Community on a family farm with her former husband, Elton Berlin Quicksall, whom she had married on August 10, 1942. At the time they were active members of Hay Valley Baptist Church. In 1952, Pat was employed at Coryell Memorial Hospital working as a nurse for many years. She completed LVN training in 1957, making the highest score in the state of Texas on her exam. She was later trained as a lab and x-ray technician serving Coryell Memorial Hospital, eventually becoming head of that department. Later in her career, she was employed at Darnall Army Hospital as Technician in charge of the Histology-