



THE PRAIRIE BLUFFS POST

ALL THE NEWS AND HAPPENINGS AT PRAIRIE BLUFFS SENIOR LIVING

WE ARE AT YOUR SERVICE!



Katie Gillman
Executive Director
Phone: [612.930.7056](tel:612.930.7056)



Colin Golden
Marketing Director
Phone: [763.337.1022](tel:763.337.1022)



Jennifer Whereatt
Director of Nursing
Phone: [763.710.0214](tel:763.710.0214)



Anna Anderhagen
Director of Life Enrichment
Phone: [952.213.6255](tel:952.213.6255)



Kay Soupir
Concierge
Phone: [763.567.0699](tel:763.567.0699)

Amanda Buegel
Culinary Director
Phone: [952.206.6418](tel:952.206.6418)

Patrick Winsor
Director of Maintenance
Phone: [612.479.8875](tel:612.479.8875)

Melinda Odegard
Nurse Manager
Phone: [612.710.3408](tel:612.710.3408)

Jeffrey Bush
Concierge (Saturday - Sunday)
Transportation Specialist
Phone: [763.567.0699](tel:763.567.0699)

Julie Andrews
Concierge (Fridays)
Phone: [763.567.0699](tel:763.567.0699)

“The roofs are shining from the rain.
The sparrows twitter as they fly,
and with a windy April grace
the little clouds go by.”

~ Sara Teasdale

PRAIRIE BLUFFS HAS NEW VISITATION GUIDELINES!

We have been receiving updates on our visitation guidelines from the Minnesota Department of Health (MDH) and the Centers for Medicare and Medicaid Services (CMS). These guidelines provide our map to continued health and safety for all of us, family members and associates. It can be somewhat confusing as the Centers for Disease Control (CDC) provide guidance but it is geared towards the general public whereas MDH and CMS provide direct guidance to Long Term Care and Senior Living. A few key items are changing, and some that will remain the same. Visitation is open and available under the following guidelines:

New Visitation Guidance:

- Scheduled visit hours: 7 days a week 8:00-4:30 p.m. You may have visitors up until 10 p.m. but they need to sign out at the front desk or front table in Independent Living.
- You may schedule more than one visit per day with more than one family member or friend. We ask that you limit your visitors to two people at a time. There is no age limit on visitors. There is no time limit for visits.
- Faces shields/goggles are no longer required for visitors. (Masks are still required.)
- Common spaces are still reserved for people that live here at this time.
- If you have been fully vaccinated, you may choose to not practice social distancing of 6 ft with your visitor. It is still recommended that a properly fitted facemask be worn by both parties.

Guidance still in effect:

- Visitors are required to notify Prairie Bluffs immediately if they become ill or test positive for COVID-19 within 14 days of visiting Prairie Bluffs.
- Visitors will need to continue to perform proper hand hygiene prior to visitation.
- Visitors will continue to wear a face mask during visit.
- Outdoor Visitation (when it is warm enough) is still the preferred location but no longer required.

Activities Guidance still in effect:

- Masks continue to need to be worn while participating in activities, in the dining room when not eating and in all common areas.
- Continue to take steps to prevent contact with COVID-19 in public settings. Examples include wearing a well-fitted mask over the mouth and nose, physical distancing and washing hands often.

We know this past year has been difficult and we as a community have stayed strong and discovered ways to persevere and enjoy our community. Friendships were discovered, new hobbies were uncovered and let's not forget all the ways we found to stay connected!



New normal firsts!

Dick A. was the first person served for breakfast when the dining room opened back up again!

Abby and Bobbe were the first people to have lunch together when the dining room reopened!



IN THIS ISSUE

FROM THE MANAGER’S DESK



BY KATIE GILLMAN

Hello all!
I may be biased but April is one of the best months of the year!! Fun fact: my mom and I share the same birthday of April 2nd! They were singing “Happy Birthday” to her while she was in labor 😊 and she says I was the best birthday gift she has ever received. April is a beautiful month because I feel like we are slowly inching our way into nicer and warmer weather and getting to see and hear the beauty of nature—flowers, green, trees, and birds chirping!

Some good news and happenings around Prairie Bluffs. We are very excited to now open back up the bus to our residents on a limited schedule for right now with hopes to expand hours soon. Jeff is available by appointment on Tuesdays and Wednesdays from 9-12 p.m. and can go anywhere in the Eden Prairie area.

Other good news has been our ability to open back up the dining room to our Independent Living folks for all meals 7 days/week. It has been a long time since we have been able to see everyone in the dining room and we are very happy you are all back!



Happy Birthday to the best momma in the world, Mother Theresa! (Theresa is her actual name 😊)

As all of you have been reading in the news or from other various news sources, I know it has gotten confusing for you as to what the protocols may be. We (Prairie Bluffs) will inform you once there are any changes to our policies and/or protocols. Healthcare communities are held to different standards than those who live outside the community. Please be patient as we get new updates almost daily and need to get clarifications from our resources (Minnesota Department of Health and CMS). We will inform you as soon as we possibly can for any updates. Again, stay the course and hopefully we will get through this pandemic sooner rather than later.

NUTS AND BOLTS

BY PATRICK WINSOR

April showers, well you know what they bring! All the brilliant colors we look forward to will start popping soon.

Spring will also be time for spring cleaning activities from the maintenance team. HVAC units will be prepped for the warm season that will follow. Parking areas will need cleaning as well. There will be other needs too, so please keep an eye out for schedules in your communication boxes for these activities.

I hope you all get a chance to get out and enjoy our early spring!

APRIL WEATHER LORE

We all know April showers bring May flowers but have you heard of these April weather sayings?
Cloudy April, dewy May.
The louder the frog, the more the rain.
Moist April, clear June.

MARKETING MINUTE



BY COLIN GOLDEN

The Golden household is growing... again. My wife, Leah and I will be expecting a baby in October. She is about 12 weeks pregnant and so far feeling very tired but otherwise good. Lots of new changes in our home in 2021 but we are both very excited! One thing that we are extremely grateful for is that I was able to join her for the first ultrasound. For the past year, many spouses haven't been able to join because of COVID restrictions. Right now, I have convinced my wife to wait to find out the sex of the baby but my wife is extremely persuasive so I'm not sure I can hold out until October! Wish me luck!

FOOD FOR THOUGHT

BY AMANDA BUEGEL

April Showers bring edible May Flowers! Did you know there are almost fifty different kinds of flower you can eat? There are many different herbs that we use all the time that are considered flowers.

Basil: This common garden herb produces small clusters of white flowers that may have a mint, chocolate, or traditional basil flavor, depending on the variety.

Chives: Add the small purple flowers of chives to salads for a mild, onion flavor. The flowers emerge in mid-spring.

Cilantro: The leaves are more commonly used, but try the flowers for a fresh, herbal taste. Some people find the taste of cilantro soapy and unpleasant; others cannot get enough of it. Use it in Mexican dishes.

Dill: Use the flowers and leaves to flavor salads, soups and sauces. Dill has a tangy, warm, aromatic flavor and dries well.

Fennel: Fennel has a mild anise taste that improves when it is cooked. Use the star-shaped yellow flowers in salads and sauces.

Just when I thought I was just growing herbs at home, I was actually growing a flower garden! When you are out taking your walks, look around for flowers you may be able to eat. We will be adding a raised herbal garden on the patio outside from the dining room this summer, too!



Is that a leprechaun?
A special thank you to Marge H. for the costumes and candy!

DID YOU KNOW?

Leprechauns were part of the Irish oral tradition long before written folklore of epic poems in the High Middle Ages. One of the many indicators of this is in place names. For example, *Knocknalooraun* in County Waterford derives its name from 'hill of the leprechauns' and *Poulaluppercadaun* in County Kerry means 'pool of the leprechaun'.

According to some scholars, the word leprechaun comes from the ancient Irish-Celtic god and cultural hero Lugh. Lugh was originally the god of the sun and light, and then he became a great warrior ruler of ancient Ireland.

Like their more ancient counterparts in Celtic mythology, leprechauns have incredible agility. They typically live solitary lives being shoemakers and they usually appear in stories as the guardians of hidden treasure.

ACTIVE LIFESTYLE



BY ANNA ANDERHAGEN

Remember the saying, “Before you speak, think: T- is it True? H- is it Helpful? I- is it Inspiring? N- is it Necessary? K- is it Kind?” That saying has always stuck with me. And you know me, I had to dive into the history of the saying! Here is what I found out:

Herbert J. Taylor, a member of the Rotary Club of Chicago, was asked to take over the near-bankrupt Club Aluminum Company in 1932. It was a last ditch effort to save the company, which had no money, low employee morale and competition from other firms. Taylor used his Rotary background to draft a 24-word code of conduct. He found this ethical compass so helpful that he called all the department heads together and asked them to do the same. The code had four points, so Taylor called it The Four-Way Test: “Of the things we think, say or do...

- 1. Is it the truth?
- 2. Is it fair to all concerned?
- 3. Will it build goodwill and better friendships?
- 4. Will it be beneficial to all concerned?”

The company’s fortunes turned around; it eliminated its debt, and over the next 15 years paid out \$1 million in dividends while building a net worth of \$2 million. Herb Taylor credited The Four-Way Test.

I also read that NASA astronaut Buzz Aldrin planted a Four-Way Test pin on the Moon’s surface. That is my saying for this month, “T.h.i.n.k. before you speak.” It’s even on the moon!

LUCK OF THE IRISH PARTY!



Marilyn M., Gretchen, Chris and Bev



Don the Leprechaun



Cal and Betty



Abby and Lyndon



Rosie and Ann



Carol with a lucky head band in her hand!

LEPRECHAUN SIGHTINGS!



Clyde found three!

A special thank you to Bobby and Moment’s Hospice for spreading joy!



Joan spotted a few leprechauns!



Lois, Eileen S. and Eileen A. found some leprechauns, too!



D’Anna and Symone caught them in the act!



Jack found three leprechauns in the Man Cave!

HAPPY APRIL BIRTHDAY TO...

Clarice Wildfeuer on 4/4

You share a birthday with Dorothea Dix- American pioneering nurse/social activist, Muddy Waters (McKinley Morganfield)- American blues guitarist, Maya Angelou (Marguerite Johnson)-American author ("I Know Why the Caged Bird Sings"), Anthony Perkins- American actor and Robert Downey Jr.- American actor (Iron Man, Charlie Chaplain, Avengers).

Bob Eder on 4/17

You share a birthday with Marguerite Bourgeoys- French founder of the Congregation of Notre Dame, Alexander Cartwright- American sportsman (recognized as inventor of modern baseball), J. P. Morgan, Sr.- American financier and banker (General Electric, Steel Corporation, AT&T), Thornton Wilder- American playwright and Harry Reasoner- American newscaster.

Betty Dean 4/19

You share a birthday with Ferdinand I- Emperor of Austria, Dick Sargent- American actor (Bewitched), Dudley Moore- English actor/comedian (10, Arthur, Bedazzled), Ayatollah Khamenei of Iran and Al Unser Jr.- American auto racer.

Roger Smith on 4/20

You share a birthday with Napoleon III- Emperor of France, George Takei- American actor (Star Trek), Ryan O'Neal- American actor (Love Story, Paper Moon), Jessica Lange- American actress (Tootsie, King Kong), Don Mattingly- baseball player (first base for the Yankees) and Carmen Electra- American model.

Janice McCabe on 4/24

You share a birthday with Vincent de Paul- French Roman Catholic Saint, Lou Thesz- American professional wrestler, Shirley MacLaine- American actress, Barbra Streisand- American singer/actress and Kelly Clarkson- American singer.

Barbara Turner on 4/25

You share a birthday with Louis IX- King of France, Edward II- King of England, Edward R. Murrow- American newscaster, Maud Hart Lovelace- Minnesota author (Betsy-Tacy book series), Ella Fitzgerald- American jazz singer and Al Pacino- American actor.

Helen Fenessy on 4/29

You share a birthday with Alexander II- Tsar of Russia, Duke Ellington- American bandleader/composer/pianist, Hirohito- 124th Emperor of Japan, Willie Nelson- American country singer, Dale Earnhardt- American auto racer and Jerry Seinfeld- American comedian.

APRIL TREE: WALNUT



Walnut trees need fertile soil, ample moisture and direct sunlight to thrive. Walnut trees have a sturdy and deep taproot. Walnut is called *Karyon* in Greek which means head. This is because the walnut shell resembles a skull which protects the fruit which looks like a brain. Walnut trees can achieve 40 to 60 feet in stature and build up a crown of a similar size. They can live from 50 to 250 years depending upon the species.

Walnuts have been consumed by humans for nearly 10,000 years. Nearly 2.5 million tons of walnuts are eaten every year. California is the largest producer of walnuts in the world. Walnuts are full of Vitamins A, B, E and K and are also a rich source of minerals like manganese, magnesium, phosphate and iron.

Walnut shells are used as a part of the manufacturing of grit paper, plastics, adhesives and cleaning items. Walnut wood is used for flooring, furniture, musical instruments, boards, facade and gunstocks. The walnut husk can be used to produce durable ink, which is thought to have been used by artists like Rembrandt and Leonardo da Vinci.

APRIL ANIMAL: CAT



The domestic cat, often referred to as a house cat, is part of the feline family. Cats share over 95% of their DNA with tigers. They first became pets in ancient Egypt around 7500 BC and in Cyprus around 9500 BC. Today, the world is home to over 500 million domestic cats.

These carnivorous mammals sleep an average of 12 to 16 hours a day, can run up to 30 miles per hour, and live on a diet of small critters, such as birds, rats, and mice-unless they are eating a bowl of cat food! Cats walk by moving the two legs on each side at once. The only other animals to walk this way are giraffes and camels.

Cats are known for being feisty, independent, and landing on their feet-that is where the belief that they have nine lives came from, which explains why they symbolize rebirth. Black cats are thought to be magical and/or bad luck, while legend has it that white cats bring good fortune.

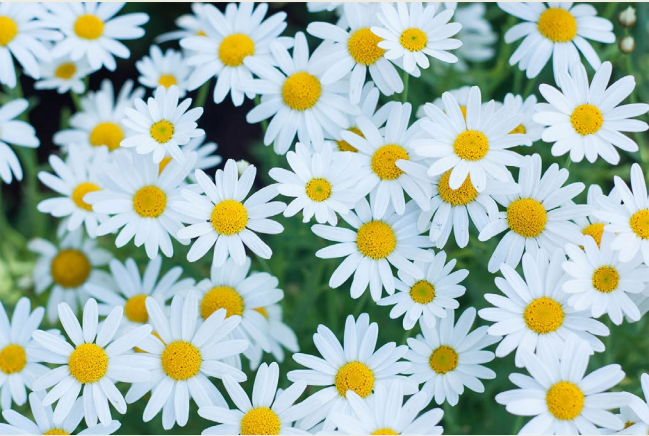
APRIL BIRTHSTONE: DIAMOND



For centuries, diamonds have signified romance, intrigue, power, greed and magic. In the Middle Ages, it was used to cure headaches and to create love potions. Today, it symbolizes everlasting love.

Formed nearly 100 miles beneath Earth's surface in temperatures that exceed 2700°F, the diamond is the world's hardest naturally occurring substance. It is also the purest of all gemstones, composed completely from crystallized carbon. Its name comes from the Greek word *adamas*, which means "unconquerable." The healing powers attributed to diamonds include balance, clarity and energy.

APRIL FLOWER: DAISY



According to legend, the first daisy appeared when a young nymph turned herself into one to avoid unwanted attention. The flower has come to symbolize modesty, chastity, and innocence. The daisy is also used to tell if "he loves me" or "loves me not" by pulling off the petals one-by-one. Did you ever do that when you were younger?

FOR YOUR HEALTH



BY JENNIFER WHEREATT

Happy April!! As we welcome spring, the world starts to come back to life after a long winter. I thought this month, I would give you all a little more of a personal note from me and share a little about my life outside of Prairie Bluffs. With the change of seasons, I start thinking about all the adventures we can have this coming summer and how fast time is going. As many of you know, I have two wonderful daughters who seem to be growing up so fast before my eyes. I have always lived by the saying that the nights are long but the days are short. I know they will not be little forever and I am trying hard to hold on to each moment.

Mackenzie is 3 years old now and has such an amazing personality. She is kind, clever and caring. She loves to play doctor and wants to be a doctor when she grows up. She loves to fix everyone’s ouches and loves to care for her babies. She has always been such a sweet girl that wants everyone to be happy. She loves nighttime cuddles and is obsessed with her little sister. Madison is now 9 months old and is starting to show her personality more and more. She crawls all over the place and loves to snuggle with mommy. Madison is so sweet; we are excited to be able to start being around family again so they can all get to know her better. I hope you all have a wonderful Easter and get to enjoy the nice weather as it comes.



CELEBRATIONS THIS MONTH

Daffynitions Month (International)- Daffynitions Month features seminars, games, and contests designed to encourage creativity and put a smile on the face of the world. Daffynitions are funny definitions for common words. (For example, a "counterfeiter" is a person who fits kitchen counters.)

Mathematics Awareness Month- This month is sponsored by the Joint Policy Board for Mathematics. Its goal is to increase Mathematics and Statistics Awareness. Dust up on your math skills today!

Poetry Month- This is sponsored by the Academy of American Poets. We also celebrate Maya Angelou's Birthday (April 4), William Wordsworth's birthday (April 7, 1770), and Haiku Poetry Day (April 17).

Tackle Your Clutter Month- Make it a goal to tackle your clutter this April, since it is about time for spring cleaning!

Baseball Month- Major League Baseball begins this month. Step up to the plate and celebrate baseball with Jackie Robinson Day (April 15), Fenway Park's Birthday (April 20) and Babe Ruth Day (April 27).

Sing Karaoke Month- Once thought to be a fad, karaoke has many benefits for people, including increased self-esteem, confidence, and stress release. Have you ever sung Karaoke? What song would you like to sing?

Stretch It Month- A month in which everyone is encouraged to stretch before and after exercising. Take a Break and Stretch this month. Since it is Baseball Month, some "seventh-inning stretches" might be beneficial.

“Blossom by blossom the spring begins.” -Algernon Charles Swinburne

“Spring is nature’s way of saying, Let’s Party!” -Robin Williams

GETTING TO KNOW YOU!



Melinda, her son Michael and their dog, Daisy.

Introducing Melinda Odegard, the Nurse Manager at Prairie Bluffs! She is a respectful, honest and fun person, always standing up for what is right. The biggest highlight of her life is her son, Michael. Her passions are exercise, vitamins and anything related to improving the health of people. Melinda also loves movies, arts and crafts.

What is the best vacation that you have ever been on? **My grandparents ran a resort in South Padre Island. Every summer, from age 7-12, we drove from Minnesota to South Padre Island. It took us 2 ½ days to get there by car.**

Where would you like to travel? **Norway. I am 90% Norwegian. My dad is 100% and my mom is 70%.**

Do you have a favorite quote or motto? **Oh, I have so many! “Always Practice Kindness” is something that I always follow. “Learn Something from Everyone” and “Be Open to All” are good ones, too. I also have a “Be Brave” sign next to my son’s Army photos. “Life is Better when You Are Running” because exercise is very important to me. And I also like “Leave Your Attitude at the Door.”**

What might someone be surprised to know about you? **I have a rottweiler dog named Daisy that is 96 pounds. We call her Crazy Daisy.**

What was the most unusual job that you have ever had? **I was a hairstylist for 11 years. I have had an interesting career path. I started off as a hostess, then a waitress, hairstylist, commercial sales-person and then a nurse. (CNA for 6 years, LPN for 2 years and RN for 6 years and counting!) I love being a nurse.**

If you could meet anyone in the world, who would it be and why? **My maternal great grandmother. She was always full of love and completely wonderful. I would ask her, how did she do it?**

If you were to write a book about yourself, what would you name it? **“Life’s Journey Has Many Turns.” I am a strong believer in fate and I am very strong willed.**

What is your hidden talent? **I will figure out a way to fix anything. I am a problem solver. I also love to upholster and sew. I like watching Pinterest and YouTube, learning how to fix and create things.**

What is the most important thing that you have learned in the last five years? **Every time that you make a mistake, you learn how to do it better the next time. Also, if you sit, watch and listen, it will all work out.**

When are you happiest? **When I am with my family and everyone is in good spirits.**

April cold with dripping rain
Willows and lilacs brings again,
The whistle of returning birds,
And trumpet-lowing of the herds.

–Ralph Waldo Emerson (1803–82)

JUST FOR FUN DAYS

April 1 is April Fools' Day- Isn't it funny that National Humor Month starts with April Fools' Day? It is also Baseball's Official Opening Day. Batter up!

April 3 is Sleep Under a Tree Day- American author Washington Irving (1783–1859) was born on this day. Do you remember his short story "Rip Van Winkle"? Rip Van Winkle fell asleep under the shade of an apple tree and woke up 20 years later. What do you think the world will be like in 20 years?

April 6th is Crazy for Caramels Day- Caramel in any form is delicious, so it is not surprising that there is a day to celebrate it. Although it is unclear when caramel was first made, most sources say that American candy manufacturers were making caramel by the mid-1800s. It's also Caramel Popcorn Day so have a caramel or some caramel popcorn!

April 10th is One Hundred Day- April 10th is the 100th day of the year. Make a goal of something you want to do in the next 100 days and track your progress until July 19!

April 14th is International Moment of Laughter Day- Laughter is good for us. Read or learn at least three jokes each week and tell a friend!

April 20th is Chinese Language Day- This celebration was established by the United Nations as a way of celebrating the history of the Chinese language and its contribution to the world. Learn how to write or say "hello" in Chinese today!

April 23rd is Talk Like Shakespeare Day- It is believed to be William Shakespeare's birth (1564) and death (1616) anniversary today. So, why not try to Talk Like Shakespeare? (Or should we say how doth thee talk like Shakespeare?) How many words were coined by Shakespeare? (Two examples are hobnob and pander.)

April 24th is Sense of Smell Day- It is sponsored by the Sense of Smell Institute. The day is focused on how the sense of smell plays an important role in daily life and how it interacts with other senses (particularly taste). Try this smell and taste experiment: Can you taste the difference between a sliced potato and an apple without the sense of smell?

April 28th is Superhero Day- This observance was started by Marvel Comics employees but it has expanded to include all superheroes. Are you a Marvel comics fan, or do you prefer DC? Do you like The Hulk or Superman better? Dress up as your favorite superhero today! Imagine you woke up one day with superpowers. What would your superpower be?

April 30th is Arbor Day- Sponsored by the Arbor Day Foundation. Their mission is to help promote tree care and conservation and to educate people on tree issues.

NEW HAPPENINGS!

Be sure to check out the calendar for these new happenings!

Bridge Club every Wednesday at 10 a.m. in Redwood Room (third floor) starting on **April 14**. If a fifth person comes, we will set up a rotation so no one is left out! Also, more lamp light will be provided.

Career/Experience Talks start up again this month on Thursday, **April 15** at 1 p.m. with Bob and Gretchen's "Africa" program. Please speak with Anna if you would like to be the next speaker for May, June or July.

Prairie Bluffs will be starting a monthly book club for men and women on Monday, **April 26** at 10 a.m. in the 3rd floor Redwood Room. We will meet the fourth Monday of each month. Books will be provided for you at the meeting from the library. The book club will start with a mix of genres until we know people's preferences.

There will be a "Help a Neighbor" spotlight section in the newsletter starting in May. We all have hobbies and/or professions that could perhaps help someone else in need of assistance. We will be spotlighting Dave Solo in May.



"Prairie Bluff's Sunrise" by Gretchen and Bob. "After the Snowfall" by Kathy.



LIVE STREAMING CHURCH
AND SYNAGOGUE SERVICES
(SUNDAYS)

9:00 and 10:40 Grace Church
<https://grace.church/watch-live/>

8:30, 9:45 and 11:00 Wooddale Church
<https://wooddale.org/live/>

9:00 and 10:30 Community of the Cross Lutheran Church
<https://wwwccclcmn.org/onlinechurchservices.html>

8:15 and 10:45 Cross View Lutheran Church
<https://www.crossview.net/worship/media.cfm>

9:00 Beth El Synagogue
<https://www.besyn.org/religious-life/live-streaming/>

APRIL AND EASTER

Have you ever wondered why Easter isn't always in April? The holiday falls on the first Sunday after the first full moon after the spring equinox. (The first full moon after the equinox was March 28 this year.) Thousands of years ago, Christians would often make a pilgrimage to the Holy Land to celebrate Easter. Most traveled by foot, and they needed a light in the darkness of night to guide them as they walked. Thus, the holiday's date was set to follow and center around the full moon.

DID YOU KNOW?

No one knows for sure how April got its name. Some say it comes from the Latin *aperire*, meaning "to open," alluding to the opening of buds in springtime. Others say April was named after Aphrodite, and still others say it was named for the goddess *Eostre*.

Jellybeans (eight flavors) were first mentioned in 1861 by Boston confectioner William Schrafft, who urged people to send them as a treat to soldiers serving in the Civil War.

The abbreviation for pound (lb.) comes from the astrological sign Libra, meaning "balance."

CONCIERGE CORNER



BY KAY SOUPIR

Spring is officially here! 😊 We have exciting new happenings coming our way with a bus schedule and open dining for all. The bus schedule is running on Tuesday and Wednesday mornings 9-noon right now for errands in the Eden Prairie Area. Please reserve your place on the bus or your seat at the dining room table by calling the front desk at 952-444-5000. Just a gentle reminder that rent is due on the first of each month with a grace period of the 5th each month or you will be charged a late fee of \$50.00 for checks received after the 5th of the month. Thank you. Have a blessed April!

WORD SCRAMBLE

- 1. I O B N S _____
- 2. N F I F U M _____
- 3. G I B N A R A _____
- 4. T L E I Q D U _____
- 5. N S O G E P _____
- 6. R C O T O T N _____
- 7. L E I C T L A V A _____
- 8. E R M I M S E _____

Word Scramble Answers: bison, muffin, bargain, quilted, sponge, contort, vacillate, immerse