



At Home

*Making the Most of Living in a Cowboy
Properties Community
March 24, 2023*

Clearing Out The Clutter

It's not clutter, it's just a unique filing system. With the weather getting warmer, spring cleaning and decluttering is on our minds. Here are a few tips and strategies for helping you along.

- Use the five second rule. If you pick up an object and can't remember when you last used it or wore it within five seconds, then get rid of it.
- If you can replace an item for less than \$20 in less than 20 minutes from your home, think about whether you need to keep it. This is a great strategy for small kitchen gadgets.
- Use the three-box method. Everything you own goes into one of three boxes: keep, toss, donate.
- Make a list of areas or items to be decluttered. Split big jobs into smaller tasks, like sorting through your shoes one day and your shirts the next instead of your whole closet at once.
- If you have items that you are unsure about, put them in a box out of sight and go through it every few weeks or months. If you haven't thought about the item in the interim, donate or toss it.
- Sentimental items are some of the most difficult things to get rid of. Save these items for some of the last things in your decluttering process. The memories may be more important than the item itself.

The Easy Stuff

Decluttering can be overwhelming, so start with these things that shouldn't take much thought.

- Anything expired - food, medicines, coupons and cleaning products. CVS and Walgreens both have [safe medicine disposal options](#) for expired prescriptions and some cleaning products may need to be dropped off at a local [hazardous waste disposal center](#).
- Piles of papers, magazines and receipts. File them, digitize them or shred them.
- Pens and markers that no longer work.
- Old towels, sheets or blankets. Animal shelters will often take these.
- Plastic silverware and condiment packets.
- Socks that do not have a mate. The single sock will make a great dust rag.
- Wire hangers. Many dry cleaners will take these back.
- Old electronics or power cords. [Best Buy](#) will take most electronics for recycling.
- Food containers that are warped or missing their lids.
- Anything that's broken that you haven't gotten around to fixing.

Events of the Week

[Gallivan Garden Party](#)

The Gallivan Center (36 E 200 S, Salt Lake City)
Saturday, March 25, 11 AM - 2 PM
Booths and presentations about gardening, trees, flowers, vegetables, butterflies and more!

[Clue! Variety Show](#)

Prohibition (151 E 6110 S, Murray)
Saturday, March 25, 9:30 and 11:15 PM
Find out who did it, with what item and in what room! \$10 admission, reservations recommended.

Assistance Resources

Please let us know if you are having difficulties keeping up with your rent.

We've partnered with [Flex](#) to give you flexibility in how you pay your rent.

General Assistance (Utilities, Food, Housing)

utahca.org/housing/ or call (801) 359-2444
211utah.org/ or call 211

Power & Gas Assistance

<https://www.utahca.org/heat/>

Utah Department of Workforce Services Resources

jobs.utah.gov/

Food Resources, and Mobile Food Pantry Dates and Locations

slc.gov/sustainability/food-covid/
utahfoodbank.org/programs/mobile-pantry/
feedut.org/