



# At Home

Making the Most of Living in a Cowboy  
Properties Community  
April 7, 2023

## The Positive Power of Spring Cleaning

You know the only thing I hate more than having a dirty house? Cleaning. Spring is a great time for a refresh on your home. Use these tips to help you through the task.

Think about a timeline you can stick to. Can you do the whole house in one day? Pick one room every Saturday to deep clean? Commit to cleaning for one hour a day over a week? Choose what works for you, and if something doesn't get done, there is always tomorrow.

Start by decluttering and putting things away. It's much easier to clean when your surfaces are free of clutter.

A [caddy for your cleaning supplies](#) can make moving from room-to-room as you clean easier. You'll also be able to see at a glance which supplies need replacing.

Doing small tasks every day or once a week can help keep jobs manageable. The 5 minute rule is a good method to help you avoid procrastination - if it takes you less than 5 minutes to do, do it right away. Examples that may apply to you:

- Make beds.
- Wash dishes.
- Wipe kitchen and bathroom counters.
- Pick up stray clutter.
- Do one load of laundry.
- Take out the trash.
- Dust hard surfaces.
- Vacuum or mop.
- Clean up spills.

## Giveaway!

We're giving away two \$50 Amazon gift cards! [Click here to enter the giveaway](#) by telling us what your favorite cleaning product is.

You must be a current resident of a Cowboy Properties community to win. One entry per person. Winners will be notified by email. All entries must be in by 8 AM MT on Thursday, April 13.

## Monthly/Seasonal Spring Cleaning Checklist

- Clean blinds.
- Sanitize countertops.
- Clean mirrors.
- Dust lampshades, ceiling fans and light fixtures.
- Wipe down or dust baseboards.
- Dust moldings and vent covers.
- Shake out rugs.
- Scrub grout.
- Wash windows, including sills and tracks.
- Wash curtains.
- Vacuum and flip mattress.
- Clean and condition leather furniture.
- Polish wood furniture.
- Vacuum sofas and chairs.
- Clean oven interior.
- Shampoo carpets and rugs.
- Wipe down cabinet doors.
- Clean and shine hardware.
- Wipe down appliances.
- Clean under and behind furniture.
- Wash pillows, comforters, duvets and slipcovers.
- Wipe down walls.
- Wipe down switchplates.

## Events of the Week

### [University of Utah Pow Wow](#)

University Union (200 Central Campus Drive, Salt Lake City)  
April 7, 7 PM; April 8, 12 PM and 6 PM  
The 2023 theme is Elevating Indigenous Youth.

### [Peteetneet Museum Paranormal Investigation](#)

Peteetneet Museum (10 N 600 E, Payson)  
April 8, 8:30 PM - 12 AM  
Join Advanced Paranormal Service as they investigate select locations at the historic Peteetneet Museum.

## 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/](https://utahca.org/housing/) or call (801) 359-2444  
[211utah.org/](https://211utah.org/) or call 211

## **Power & Gas Assistance**

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

## **Utah Department of Workforce Services Resources**

[jobs.utah.gov/](https://jobs.utah.gov/)

## **Food Resources, and Mobile Food Pantry Dates and Locations**

[slc.gov/sustainability/food-covid/](https://slc.gov/sustainability/food-covid/)  
[utahfoodbank.org/programs/mobile-pantry/](https://utahfoodbank.org/programs/mobile-pantry/)  
[feedut.org/](https://feedut.org/)