



At Home

Making the Most of Living in a Cowboy
Properties Community
Jan. 12, 2024

Random Acts of Kindness

Thank you to everyone who sent in a Random Act of Kindness for December's Cowboy Pledge event. Continue below to read about some of the ways your fellow residents have spread kindness. Submissions have been edited lightly for length or clarity.

"I was on my bike heading to the store when I passed an elderly woman in a wheelchair with no gloves on. I didn't hesitate and stopped, took my gloves off and gave them to her."
Evan, Liberty Metro

"I was about to start hiking on a trail in the Mt. Olympus mountains. I noticed two hikers who were trying to flag a car down. I asked them if they needed any help. They said, 'Yes!' They had separated from their friends who drove to the hiking trail and had no reception and asked if I could drop them off just outside the mountains so they can get reception and order an Uber ride home. They also mentioned they were from out of town and had a flight to catch in a few hours. I offered them a ride to where they were staying and they accepted; seeing that by the time we would drive out of the mountains and wait for an Uber, they may be late for their flight or worse, miss it. I ended up not doing my hike, but perhaps I was lead there to offer the couple a ride."

Katherine, Liberty Crest

"David is a fellow resident here at Liberty Midtown. He is kind to help me when I've forgotten something in my apartment, he watches my bike while I run upstairs. He puts both hands on my bike until I return. He loves Pepsi and chocolate. He is the recipient of my 12 days of Christmas. Each day he receives a small token with a kind message of thanks, or to let him know how much he is appreciated by all the residents. Each day I ask a different resident to deliver his small token, hoping they too will be inspired to pass kindness along. It's fun to be anonymous and to include other residents."

"I also made Rice Krispie treats with a Christmas ornament attached for the staff to hand out to other residents."

Julie, Liberty Midtown

"I was in Japan earlier this year and me and some friends were having trouble finding a certain restaurant. A couple of locals went out of their way to help us find the restaurant we were looking for. Little acts of kindness like that can help a lot, especially when you are new to visiting a country and trying to find places."

Tiffany, Liberty Metro

"I made French onion soup and roast beef sandwiches that I shared with a home-bound neighbor. I had no idea that it took several hours of stirring to turn a large pot of onions into a couple cups of caramelized onions, but it tasted really good."

Brian, Liberty Midtown

Events of the Week

Urban Flea Market

The Gateway (112 S Rio Grande, Salt Lake City)

Jan. 14, 10 AM - 4 PM

You'll find a selection of vintage, antique and yard sale items

Utah International Auto Expo

Mountain America Expo Center (9575 State St., Sandy)

Jan. 12-15

New cars, trucks and SUVs, check out the Volkswagen ID. Buzz and take a test drive.

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

<https://jobs.utah.gov/assistance/index.html>

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

<https://www.utahfoodbank.org/programs/mobile-pantry/>

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