



# At Home

Making the Most of Living in a Cowboy  
Properties Community  
Jan. 10, 2025

## 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.

It was Thanksgiving and I went for a walk in the morning. I crossed paths with an elderly gentleman who asked if we could walk together. He shared that he lives alone and would enjoy the company. I was humbled and gratefully enjoyed a nice walk with him. As we were ending the walk, I asked him what his Thanksgiving plans were. He said he was going to cook himself a steak and he invited me over for dinner! I had plans to spend Thanksgiving with my church and I invited him; hoping he would come so he wouldn't spend Thanksgiving alone. He gladly accepted! It was a great evening; to enjoy a warm meal and warm hearts together!

~ Katherine at Liberty Crest

I have been scheduling regular video chats with a close friend that lives in another state. She has been going through some health issues and said the regular video chats have been helping her a lot. A reminder that reaching out to people is a great act of kindness.

~ Tiffany at Liberty Metro

I helped make 5,000 sandwiches for St. Vincent de Paul Dining Hall over the past two years.

~ Brian at Liberty Midtown

## Cowboy Pledge Update

As we welcome the new year, the Cowboy Pledge team would like to extend our heartfelt thanks to each of you for your unwavering support of our mission. Thanks to your generous contributions, we have been able to donate hundreds of items to local organizations, shelters, and food banks. As we reflect on the impact of your volunteer efforts and donations, we are filled with gratitude for the positive change you've helped us create.

This month, we encourage you to explore local organizations where you can volunteer your time.

Several years ago I was heading home from work and stopped to grab a pizza. I noticed a middle aged woman sitting on the curb alone and stopped and asked if she would like a pizza. She said thank you, I am not hungry. I asked her if there was anything I could do to help her and she said that she doesn't have a coat and has been homeless since October. I then proceeded to take off my new white coat that I got from Christmas and gave it to her. She wrapped herself in the coat and then reached into the pockets to find mittens to warm her hands. I gave her the cash that I had on me and said please take care of yourself and make sure to stay warm and safe. Through her tears she said "God bless you, thank you for your kindness!" Through my tears I got in my car and drove away watching her, so touched by how I felt.

~ Michelle at Liberty Hill

## Events of the Week

### [Celebrating Chinese New Year](#)

Jan. 11, 5:30 PM

Cottonwood High School Auditorium (5715 S 1300 E, Murray)

Lion dance, folk songs, stage dances, martial arts, and more.

### [Salt Lake Home Show](#)

Jan. 10-12

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

Featuring exhibitors and presentations to help spruce up your space.

## 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.

### [Salt Lake City Tenant Resource Center](#)

### [Power & Gas Assistance](#)

### [Utah Department of Workforce Services Resources](#)

### [General Assistance \(Utilities, Food, Housing\)](#)

[utahca.org/housing/](http://utahca.org/housing/) or call (801) 359-2444

[211utah.org/](http://211utah.org/) or call 211

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

### [Food Resources, and Mobile Food Pantry Dates and Locations](#)

<https://www.utahfoodbank.org/programs/mobile-pantry/>  
[FeedUT.org](http://FeedUT.org)