



Liberty Crest (Salt Lake City)

At Home

News and Tips for Residents of Cowboy
Properties Communities
December 11, 2020

Be Kind. Do Good.

As we all work together to get through these strange times, we encourage you to look for kindness in every day. Science says that giving back is good for your health and well being - [boosting hormones like serotonin and dopamine as well as endorphins](#). Most importantly, be kind to yourself. We like these [70 Acts of Kindness Ideas That Won't Cost a Thing](#) that can help give you those positive vibes during this holiday season. Get your kids involved with these [family-friendly ideas](#).

"Be kind whenever possible. It is always possible." ~ Dalai Lama

It's a Puzzle

A pastime that has exploded since the pandemic began is puzzles. Experts say that puzzling can be very fulfilling, [offering a sense of control and escape, particularly in an overwhelming time](#). Puzzles come in all shapes and sizes, like this [puzzle globe](#) from Uncommon Goods. Missing travel? Check out [this puzzle of Italy's Cinque Terre](#). Build a set of castles with [these options from 3D Puzzle](#). Looking for a true challenge? This [clear puzzle](#) will stump even the most avid puzzle fan and these [wood puzzles](#) also offer a unique challenge. Spot a few local locations in these [ski puzzles](#). Or use your own photo to [create your own!](#)

Covid-19 Update

The State of Utah and Intermountain Healthcare [published the latest on the Covid-19 vaccine](#).

ABC4 published information on the ['hot spots' of rising Covid cases](#) locally.

CNN reported that men who had contracted the virus had [higher odds of ICU admission](#) than women.

ABC News reported on the [FBI warning about vaccine scams](#).

How Can We Help?

We can't stress enough that we need to hear from you as soon as possible if you are having difficulties keeping up with your rent. We want to do everything we can, within reason, to work with you to find a solution. If you have not paid rent and you have not been in contact with your leasing office to make payment arrangements, you are at risk of being served some type of legal notice. We have started issuing legal notices to folks that have not contacted us, and if you have received a notice it's vital that you speak with us now. We're always here to listen and help you find assistance if needed.

Housing, Utilities, and Food Assistance

utahca.org/housing-case-management/ or call (801) 359-2444
211utah.org/ or call 211
residentrelieffoundation.org/our-programs/ or info@residentrelief.org
rentrelief.utah.gov

Utah Department of Workforce Services Resources

jobs.utah.gov/covid19/
jobs.utah.gov/docs/hotjobs.html

Food Resources, and Mobile Food Pantry Dates and Locations

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

