

cogir

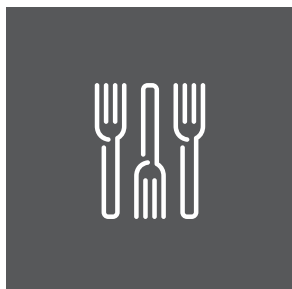
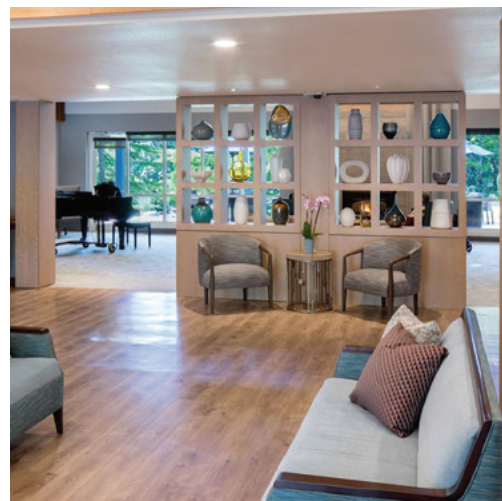
at THE NARROWS
Senior Living



EXCELLENCE IN SAFETY • ENRICHING LIFESTYLE • ENCOMPASSING CARE

COGIR AT THE NARROWS

Cogir at the Narrows is a luxurious senior living community offering options for independent living, assisted living, and memory care. Surrounded by natural beauty and historic landmarks, Cogir at the Narrows provides a comfortable blend of style, fine dining, endless social, cultural, and recreational opportunities for its seniors.



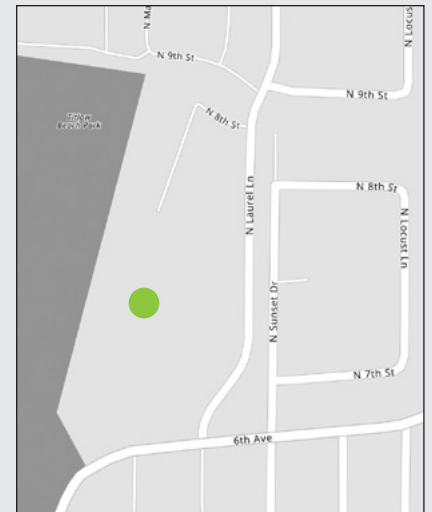


EXCELLENCE IN SAFETY • ENRICHING LIFESTYLE • ENCOMPASSING CARE

As with all COGIR communities, delicious chef prepared meals are served throughout the day and attentive, experienced staff are ready with a smile for any need. It is worth noting that many residents especially love Cogir at the Narrows for its warmth, friendless, and easy access to events and activities. Access to theater, orchestra, museums, and sporting events are part of our enriching menu of activities and excursions.

WHY CHOOSE COGIR AT THE NARROWS:

- Restaurant-style dining
- Chef-prepared, Nutritionist-approved menu
- Transportation for outings and medical visits
- Daily events and activities for fun and learning
- Hair and beauty salon
- Parking
- Activity room
- Fitness Center
- Library
- Courtyard and walking paths
- Scheduled live entertainment
- Complete WIFI coverage in common areas
- On-site nursing
- Emergency Response System throughout property
- Pet Friendly



COGIR AT THE NARROWS

8201 6th Avenue
Tacoma, WA 98406

(253) 564-4770



Rev. 08/22

235 APARTMENT HOMES OFFERING INDEPENDENT LIVING, ASSISTED LIVING, AND MEMORY CARE

EXCELLENCE IN SAFETY • ENRICHING LIFESTYLE • ENCOMPASSING CARE



FOR INDEPENDENT LIVING

Cogir at the Narrows residents fully enjoy resort hotel-like amenities including restaurant-style all-day dining, cleaning service, and private bus transportation. Quality, comfort, and enjoyment are paramount to Cogir and residents take advantage of the warm accommodations and professional hospitality services to pursue their passions, socialize, and enjoy every day.

Resident satisfaction is our number one priority. Our on-site executive team is empowered to listen and respond to the needs and requests of individual residents, and the community as a whole, to continuously optimize their dining, activity, and event options.

FOR ASSISTED LIVING

If you or a loved one requires attentive daily assistance, the large team of passionate professional caregivers at the CCogir at the Narrows is eager to welcome you to our family and share the high-quality services, meals, and activities that define the Cogir brand.

Assisted Living residents will of course benefit from the same hotel-like amenities as our independent residents, but with added personalized attention and care in the privacy and security of their apartment home. Prior to moving into their new home, each assisted resident and their family will be consulted in order to develop a tailored care plan based on the resident's needs, personality, and wishes.

FOR MEMORY CARE

The Memory Care residence is designed to ensure continuity, security, and comfort for residents with Alzheimer's and Dementia. Our team will ask family members to share details about their loved one's life and interests to construct a tailored routine and set of daily activities. Residents' wellness will be nurtured in a peaceful environment with continuous supervision and assistance from passionate care professionals for all daily personal needs.

Through the direction of registered nurses, dietitians, and other health professionals, specialized menus and enrichment activities are in place and managed by specially-trained staff. Private and shared spaces are tended with hotel-like attention for cleanliness and the safety of all residents.

TAILORED CARE PLANS CAN INCLUDE ASSISTANCE WITH

- Daily tasks (hygiene, dressing, etc.)
- Mobility
- Dining
- Incontinence
- Medication management
- Pet Care

