



HOME COMING TALES



15 Inspiring
Stories from
**OLD FRIENDS
SENIOR DOG
SANCTUARY**



A PDF COMPANION TO THE AUDIOBOOK

All dogs on deck! Several old friends line up to enjoy the fresh air.

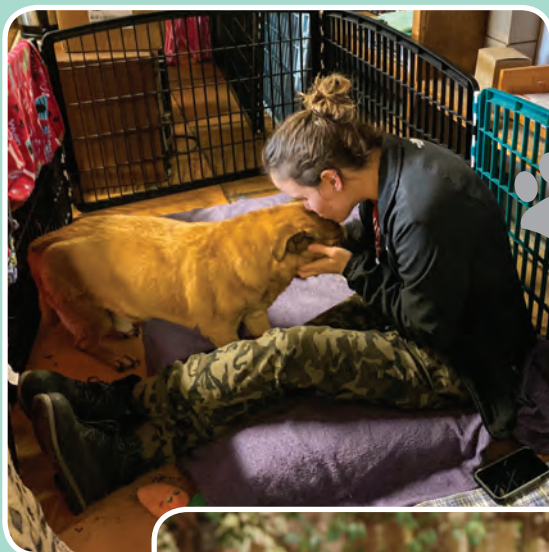


There are lots of comfy spots to hang out with your dog pals at Old Friends.



Cinnamon and Oreo doing their favorite thing—cuddling with each other.



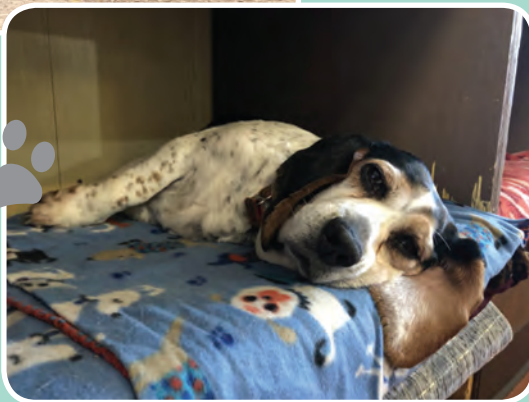


Staff member Marina loves on Brownie.



FreddieMac and Rosebud enjoy a sunny day at Old Friends.

The cubbies at Old Friends are supposed to hold supplies. But you'll usually find a dog or two enjoying the extra blankets.





Michael receives a warm welcome after being out of town for a few days.

Barry and Hobo like to sing.



Michael, Zina, and Old Friends workers celebrate the groundbreaking at the construction site of the new Old Friends building.



Lucy-Lu was the golden retriever who inspired Michael and Zina to start Old Friends Senior Dog Sanctuary.

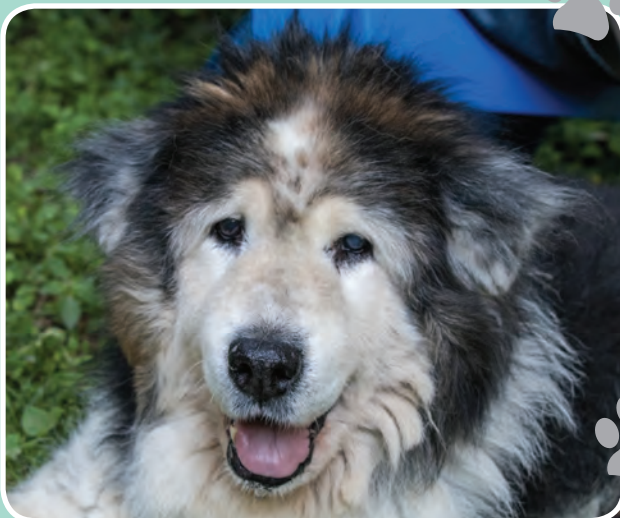


Lucy-Lu (center) plays tug-of-war with two other goldies, Gracie (left) and Ginger (right). Michael and Zina kept several rescued dogs in their home before they started Old Friends.



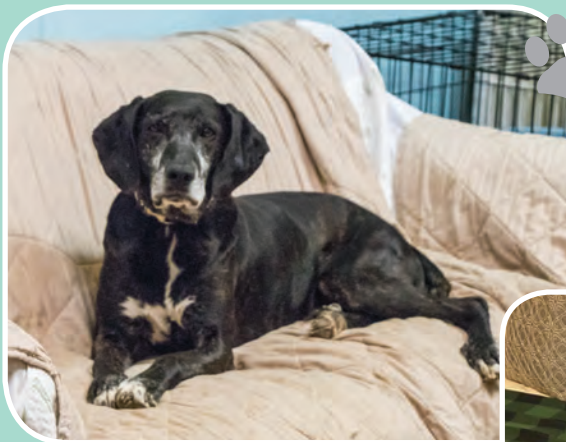
Lucy-Lu usually had a chewing bone close by.

Leo's big personality helped Michael and Zina get the support they needed to start Old Friends.



Each summer, Leo got a "lion" cut to keep him cool in the Tennessee heat.





Maverick arrived at
Old Friends after
losing his owner.

Maverick's favorite spot to relax
is the foot of John and Melinda's
bed. PHOTO BY JOHN KNOTT III.



After getting Maverick settled, the
Knotts returned to Old Friends for Maisy.

Maisy is so happy to be home!
PHOTO BY MELINDA KNOTT.





Old Friends volunteers take dogs for walks at a nearby park. Marco takes a break from his walk to get pet.



Marco is now calm and gentle in his new home with Robert.



Buddy was a big dog with a big voice! PHOTO BY KAY NORMAN.

Chestnut keeps an eye on soccer practice. He lets Coach know whenever practice runs late.
PHOTO BY BRANDI FRUIN.



Chestnut and Sadie love to hang out.
PHOTO BY BRANDI FRUIN.

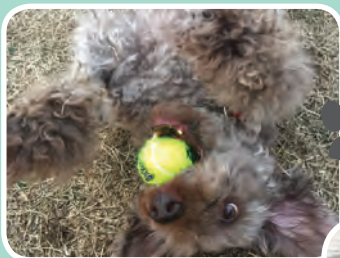




Pooh Bear is just so fluffy! © PENNY ADAMS PHOTOGRAPHY. USED BY PERMISSION.

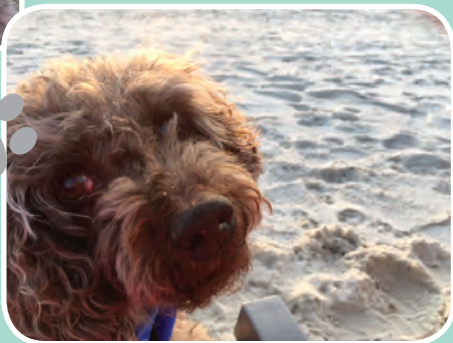


Barbara and Angel Bear share a cuddle. © JANE SOBEL KLONSKY. USED BY PERMISSION.



Charlie's favorite toys are tennis balls.

PHOTO BY NORIKO RYAN.

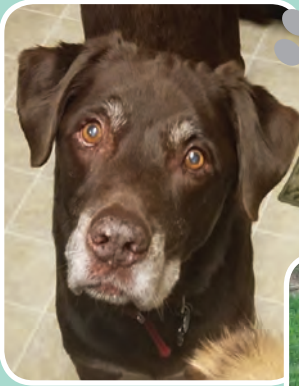


Charlie loved the wind
and waves during a
vacation in Florida.

PHOTO BY NORIKO RYAN.



Noriko wants to help rescue as many senior dogs as she
can. She added Lincoln Parker to her pack in 2020.



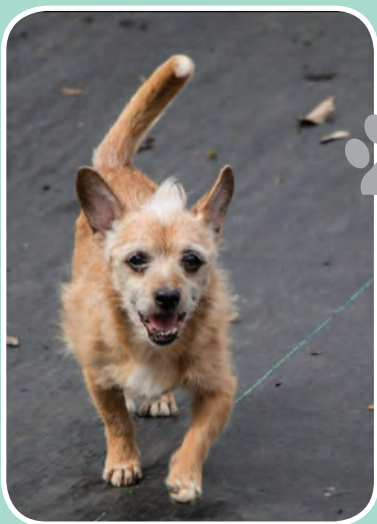
Hudson Brown's muzzle has turned gray with age, but he's still as sweet as chocolate!

PHOTOS BY CINDY PORTER.



The only thing anyone knows about Hudson Brown's past is his name. He wore this tag when he was found.





JuneBug was so happy to be safe when she came to Old Friends.

JuneBug loves her boy, Preston. JuneBug even has her own pillow on Preston's bed.
PHOTO BY KELLY WILLIAMS.

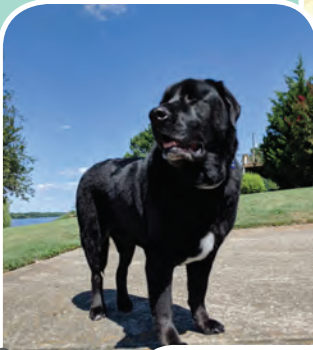
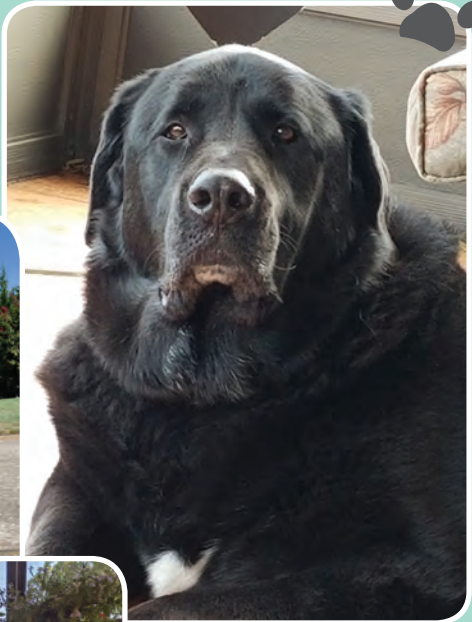


With Ruger, Leonard, and JuneBug, the Williamses are one big happy family!
PHOTO BY KELLY WILLIAMS.



At home with Sandi, every day is a good day for Lana.

At over 100 pounds, Shaq is a giant dog. And he is filled to the tip-top with sweetness. PHOTO BY RITA JAKES.



Shaq loves swimming in the lake in his backyard.

PHOTO BY RITA JAKES.



Shaq stands guard to protect the bird feeder from thieving squirrels. PHOTO BY BILL JAKES.



Prince doesn't let much bother him, including his blindness.

Prince is so handsome when he dresses up. PHOTO BY CUSTOM KARE KENNEL.



Over the years, Sally has brought home twenty-eight old friends, but Wally is an extra-special companion. PHOTO BY SALLY J. MCCANNER.

Zelda was supposed to stay at Jenny's house for only a couple weeks. But Jenny fell in love with sweet and sassy "Zelly" and just had to keep her. PHOTO BY JENNY CRUISE.



Zelda and Callahan are happy to live together—as long as Callahan doesn't try to take Zelda's spot on the couch. PHOTO BY JENNY CRUISE.



Mack knows his way around every corner of Old Friends, especially the locations of all the cozy cubbies.

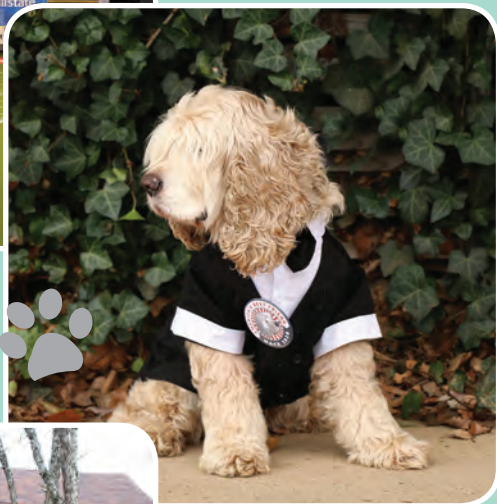
When Mason works at his desk, Mack is very helpful.



Mack didn't like car rides at first. But just click his leash now, and he's ready to roll!



Mack competes in the 2020 Dog Bowl.



Mack gets all dressed up for his presidential campaign.



Mason and Nell became Mack's forever fosters in 2020.



Mack shows off during the *Homecoming Tales* cover photo shoot.



RECIPES FOR OLD FRIENDS



Auntie Stew

This recipe makes a food that looks a lot like canned pumpkin or canned dog food, and it's so good for your pup. It's a great place to hide medicines, and the Old Friends gang just loves it! Each dog gets a big spoonful on top of their kibble.

INGREDIENTS

(These amounts don't have to be exact.)

2 pounds boneless chicken breasts and thighs

1 pound whiting fish or catfish

1/4 pound chicken livers and/or gizzards

1/2 pound carrots

1 (12-ounce) box frozen green beans

1/2 cup canned pumpkin

1 apple

1 small sweet potato, cut into large chunks

1/2 cup plain yogurt

1/2 cup psyllium fiber (with no artificial sweeteners)

a heaping tablespoon of coconut oil

1 tablespoon turmeric

STEPS

1. Add the chicken, fish, livers or gizzards, carrots, beans, pumpkin, apple, and sweet potato to a Crock-Pot and cook on low for 12 hours or more. Spoon into a blender or food processor, and blend until smooth. (You may have to do this in batches.)
2. Place in a large bowl.
3. Then add yogurt, psyllium fiber, coconut oil, and turmeric. Mix well.

Use within 4 to 5 days. It can also be frozen.



Dried Sweet Potato Chews

Dogs love these sweet and chewy treats.

INGREDIENTS

2–3 large sweet potatoes, washed thoroughly and dried

STEPS

1. Preheat the oven to 250° F. Line two baking sheets with parchment paper.
2. With a grown-up's help, cut a thin piece of the sweet potato off one of the long edges. (This will help it lie flat while you cut it into slices.)
3. Slice the rest of the potato into thin “chips” that are at least 1/4-inch thick. Spread the potato slices on the baking sheets.
4. Bake for 90 minutes. Turn the pieces over and bake for 90 more minutes. This will give you a soft, chewy treat. If your dog likes crunchier chews, bake for 20–30 minutes more. (When you first take the potatoes out of the oven, they may still seem soft. They will dry and harden as they cool.)

Store in the refrigerator for up to 3 weeks, or freeze.

Chicken Soup Cookies

INGREDIENTS

- 1 cup ground dry dog food kibble
- 2 cups baking mix
- 1 (18.8-ounce) can chunky chicken soup

STEPS

1. Preheat the oven to 350° F.
2. Grind kibble in a food processor or blender until it looks like a coarse flour. Grind enough kibble to get 1 cup of “kibble flour.”
3. Stir the ground kibble, baking mix, and soup together until well mixed. Drop by teaspoonfuls onto greased cookie sheets. Bake for 15 minutes or until golden brown.

Store in an airtight container in the refrigerator. Makes about 50 to 60 bite-sized treats.



INGREDIENTS

- 32 ounces vanilla yogurt
- 1 large mashed banana
- 2 tablespoons peanut butter
- 2 tablespoons honey

STEPS

1. Add all ingredients to a blender or food processor. Blend until smooth.
2. Pour into an ice cube tray and freeze.

Serve frozen, or let them soften for 10 minutes.



RESOURCES



Old Friends Senior Dog Sanctuary is a foster-based sanctuary in Mt. Juliet, Tennessee. Visit them online to keep up with all the fun, view dogs waiting for foster homes, browse photos, and even watch the dogs live on the webcam.

website: www.OFSDS.org

Facebook: @OldFriendsSeniorDogSanctuary

Instagram: @ofsds

Live webcam: <https://explore.org/>

[livecams/old-friends-senior-dog-sanctuary/
senior-dog-gathering-room](https://explore.org/livecams/old-friends-senior-dog-sanctuary/senior-dog-gathering-room)

If your family is thinking about adopting a pet, check out these adoption tips from the American Society for the Prevention of Cruelty to Animals (ASPCA).

www.asPCA.org/adopt-pet/adoption-tips

Leo, Pooh Bear, and other old friends are the stars of the documentary *Seniors: A Dogumentary*. View the trailer, go behind the scenes, and find places to watch the film.

www.SeniorsDogumentary.com

Find a pet to adopt at the Shelter Pet Project, a collaboration between the Humane Society and Maddie's Fund.

www.theshelterpetproject.org/

Visit the American Kennel Club for information on dog breeds, for advice on dog ownership, and to find dog shows near you.

www.akc.org

The Pet Health Network provides articles on pet life stages, nutrition, illness, behavior, and more.

www.pethealthnetwork.com/

Learn about breeds, how to give your pet the best care, how to tell if your pet is sick, and more at Pet MD.

www.petmd.com

Meet all the players in the 2020 Dog Bowl, including Mack.

<https://people.com/pets/animal-planet-dog-bowl-2020-adoptable-dogs/>