



# no regrets

STARRING Mae Fong Mann

DIRECTOR Emeline Mann Sanchez

## SHORT synopsis:

*no regrets* is an award-winning short documentary that relates to us all—what we must face in the foreseeable future. Its visually altered imagery of posterized patches of colors and duotone effects allow the viewer to get a sense of an otherworldliness that the subject in the documentary, an elderly woman with dementia, might have. Her varying range of experiences manifest from an existence teetering on the edge of physical and mental breakdown. *no regrets* is a cautionary tale—if you're not careful about letting time slip away from you, you may very well be hounded by regrets.

## LOGLINE:

Being mindful of what you do or don't do with your life, will determine if you have or don't have regrets before losing your loved ones.

# no regrets

## MEDIUM synopsis:

While the award-winning short documentary, *no regrets*, runs just a little over 6 minutes long, the making of it has been years in the works. It follows an elderly woman with dementia whose existence teeters on the edge of physical and mental breakdown.

The imagery in *no regrets* is visually altered, presenting posterized patches of colors and duotone effects that give the viewer a sense of the otherworldliness that someone with dementia might have. This subject matter in *no regrets* is inescapable for us all—we must all contend with the process of aging and the possible diagnosis of dementia either in ourselves or for those near and dear to us.

How to avoid what could be a lifelong rehashing of regrets, sadness and despair, can be found in *no regrets*; to say more would be wandering into spoiler territory. Suffice it to say, *no regrets* is a cautionary tale — if you're not careful about letting time slip away from you, you may very well be hounded by regrets.

## LONG synopsis:

*no regrets* is an award-winning 6-minute long documentary short, but has been years in the making, because it is only through the passage of time that the portrayal of the slow but steady decline of an elderly woman with Alzheimer's disease can be captured as her life teeters on the edge of physical and mental breakdown.

The imagery in *no regrets* is visually altered to present posterized patches of colors and duotone effects, while scenes with rocking motions or jitteriness cumulatively allows the viewer to get a sense of the otherworldliness that someone with dementia might have. This subject matter in *no regrets* is inescapable for us all—we must all contend with the process of aging and the possible diagnosis of dementia either in ourselves or for those near and dear to us. The implications, of course, can be expanded to those who are involved with debilitating accidents or diseases, young or old, who will need care or companionship.

How to avoid what could be a lifelong rehashing of regrets, sadness and despair that is guaranteed to manifest after the death of a loved one, can be found in *no regrets*; to say more would be wandering into spoiler territory. Suffice it to say, *no regrets* is a cautionary tale—if you're not careful about letting time slip away from you, you may very well be hounded by regrets; at the same time, *no regrets* is a suggestion of what things could be that may help to keep regrets at bay.

# THE STORY



## CAST

### Mae Fong Mann

After surviving the China/Japan war and civil unrest (in the 30s and 40s), Mae and family hopped on an airplane to the States. When her husband died, Mae, then in her 40s, got a job, got her two wayward teenage girls out of the housing projects and raised them to become functionally appropriate adults. While Mae often took her kids to the movies in Chinatown theaters back when Chinatown still had theaters, and the Shaw brothers were prolifically churning out movies from Hong Kong (Madam White Snake, Dream of the Red Chamber, The One-Armed Swordsman), *no regrets* is her first appearance on film (if you don't count the Canto/Mando language learning videos on YouTube that Mae's daughter included Mae in "Mommy speaks Canto and Mando on medical matters").

# THE <sup>no</sup>regrets PEOPLE



## Director, Producer, Writer, Editor EMELINE MANN SANCHEZ

Emeline is an award-winning producer and director. Her first documentary, *caring for mom*, premiered at the Marina del Rey Film Festival where it won the Audience Award for Best Short Documentary; it also won the award for Best Health and Medicine Film at the Kiez Berlin Film Festival, Best Short Documentary at the Ponza Film Awards, and will be screening online at the Seattle Film Summit and Young Film Market, an initiative of the Social World Film Festival.

Emeline's most recent documentary, *no regrets*, has won Best Experimental Film at both the Kiez Berlin Film Festival and Ponza Film Awards, and will be screening in that same category at the Buffalo International Film Festival.

On the varied paths in her ongoing journey, Emeline was recruited to be an art director for an Easter Seals telethon broadcast from San Francisco, finessed her way into an impromptu internship at a local Oakland television station in their creative department, completed a yearlong apprenticeship at a local Berkeley radio station—all leading to accidental filmmaker when her BFF, her dearest, sweetest mother left this world, the same mom she had been caregiving for the past 10+ years.

In her documentaries, Emeline shows how being with an elderly parent in their latter years can be rewarding not only for the parent but for the children; it is a topic in the here, now and future that pertains to all of humanity.

# THE LINKS

**no  
regrets**

**TRAILER**

otherworldliness  
[no regrets TRAILER](#)

**NOTE:**

ALL pictures from  
ALL the pages in  
this press kit are

**clickable  
hyperLINKS**

for downloading  
as desired

**CONTACT:**

Emeline Mann Sanchez  
[em.sanchez3@aol.com](mailto:em.sanchez3@aol.com)

