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MEDIA RELEASE

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Legacy Film Festival on Aging to screen what could be the greatest adventure that you can be a part of but one that's about to end for someone you know

See what great adventure lies ahead for you in *caring for mom*, one of many films that celebrate how life should be lived in the 3rd Virtual, 12th Annual Legacy Film Festival on Aging, February 14-23, 2025

San Francisco, California - Adventure is not what comes to mind when thinking about caregiving for an elderly parent with dementia, and yet that's what the short documentary, *caring for mom*, portends. It's not an action-packed thriller but it shows the natural outcome of a multitude of possible adventures that the viewer may be privy to when looking after a loved one.

All too often, the media portrays those with dementia as the beginning of the end and it's not a pretty picture. The patient who receives the diagnosis is confused, sad and depressed. Those orbiting the patient—family and friends—are angry, defeated and depressed.

There's no arguing that when it comes to dementia, certain family dynamics have a way of making things go sideways, downright ugly even, but for others it doesn't have to be that way.

caring for mom shows the gradual decline of a mother as age and dementia overtakes her, but that doesn't stop her from living life to the fullest with her caregivers, her daughters, by her side. They take her out and about to events and activities (some that even the young and healthy don't even think about), or simply have joyful family bonding times at home, showing that life is so much for the living, and what a fun, rollicking life it can be.

The underlying message in *caring for mom*, is to stave off possible regrets by being more hands-on with a parent who ultimately has limited family time left. Unimaginable

adventures that lie ahead for the parent and the caregivers may become the devastating, lost opportunities when the parent dies.

Documentarian Emeline Mann Sanchez is the primary caregiver in *caring for mom*. She does not mince words about caregiving, “It’s not all sunshine, lollipops and rainbows. I had Mom sleep in bed with me so that if she needed anything—a sip of water for thirst, a massage or a pill for pain, the middle-of-the-night answering the call of nature—I would be right there by her side ready to help her. One night, she gets up to use the toilet, and in my haste to rush over to her side of the bed to help her, I trip and fall... and I can’t get up. Mom, with her motherly gut instincts in full force, rushes over to my side of the bed to help me. Of course, she falls. Remember—*she’s* the one that needs the help, right? So the both of us go to the ER that night. Caregiving is not without its ironies.”

Legacy Film Festival on Aging is the ideal vehicle for *caring for mom*, aiming to “inspire, educate, and entertain intergenerational audiences on issues of aging—through film.”