

Produced by



SUPPORT MATERIAL FOR THE DOCUMENTARY

MANY DAYS MANY NIGHTS



www.quantosdiasquantasnoites.com

SUMMARY

4. HOW TO USE THIS BOOKLET

6. SYNOPSIS

8. EXISTENCE, WHAT IS IT FOR?

12. AGING: KEY DATA

15. HOW TO ORGANIZE A SCREENING OF
“MANY DAYS, MANY NIGHTS”

19. WHAT FITS INTO AGING:

19. FINITUDE

29. AGEISM

37. LONGEVITY

46. AGING IN THE GLOBAL CONTEXT

48. NOTE FROM SUPPORTERS

57. ADDITIONAL REFERENCES

62. FILM CREDITS

62. IMPACT NETWORK



*Any idiot can be young. (...)
It takes a lot of talent to grow old.*

Millôr Fernandes



HOW TO USE THIS BOOKLET

This booklet is for those who want to continue the conversation we started in the documentary **Many Days, Many Nights**. It has two main functions: to help those who want to organize conversation circles and debates based on the film and those who want to deepen their knowledge about the themes it addresses.

Here you will find more information about its themes, how they connect with the UN Sustainable Development Goals, tips on other readings and films and a guide on organizing a screening.

We hope it helps you on your journey.

Happy reading!



Aging is still the only available way to live long.

Charles Saint-Beuve



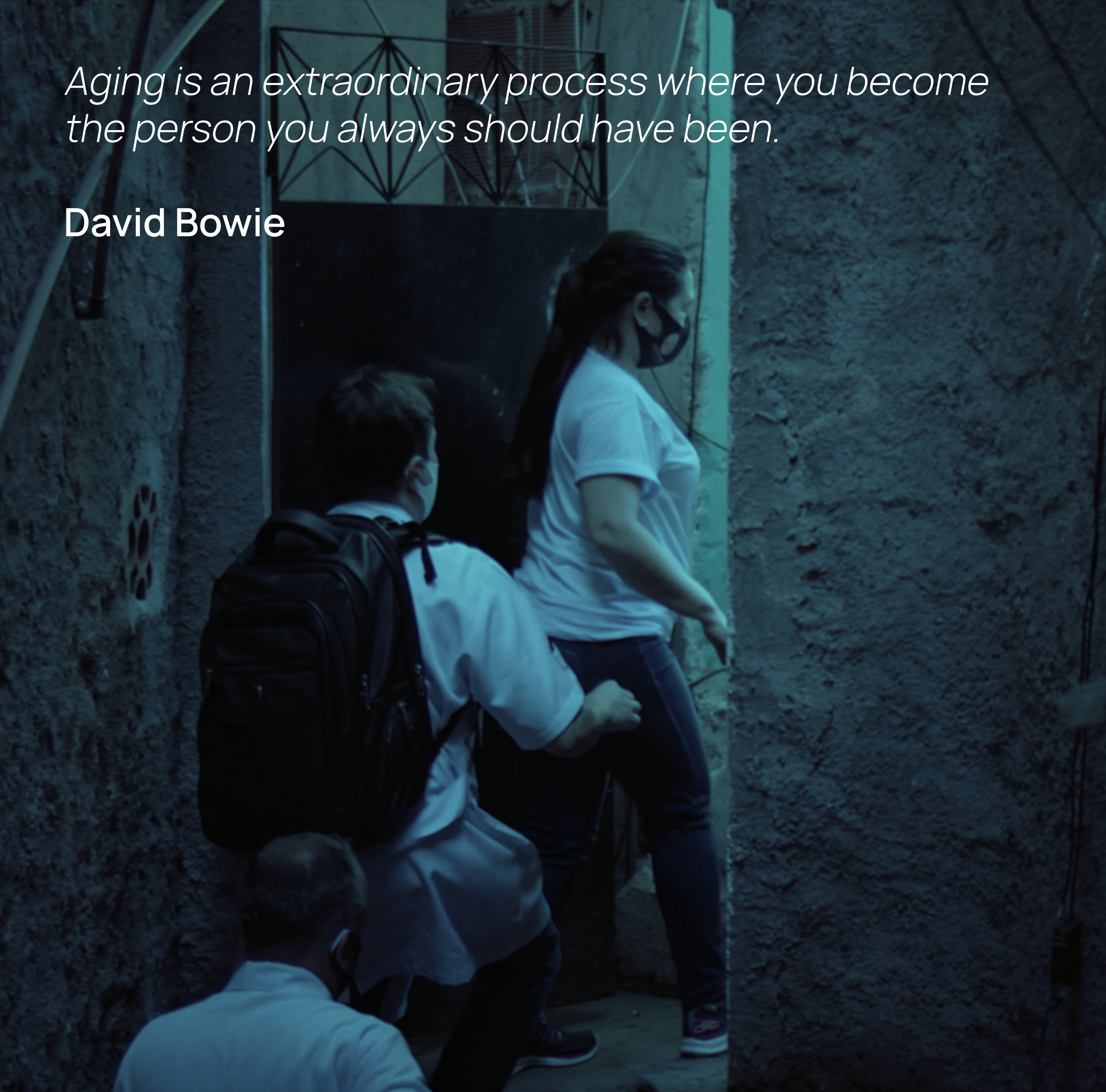
SYNOPSIS

Studies say the person who will live 150 years has already been born. But what are we actually doing with this opportunity? **“Many Days, Many Nights,”** a new documentary by Maria Farinha Filmes (“Aruanas,” “The Beginning of Life”) directed by Cacau Rhoden (“Not Even in a Wildest Dream,” “Drops of Joy”), takes a deep dive into the purposes of our existence on the planet. Experts and thinkers invite us to look at the opportunities and inequalities of the theme, as well as our own connection with time and age. Featuring Alexandre Kalache, Sueli Carneiro, Ana Claudia Arantes, Mona Rikumbi, Ana Michelle Soares, Tom Almeida, Mórris Litvak and Alexandre Silva, the film shines a light on an essential question for our century: **the longevity revolution has already begun, and it has come to transform the future of all generations.**



Aging is an extraordinary process where you become the person you always should have been.

David Bowie



EXISTENCE, WHAT IS IT FOR?

Many Days, Many Nights is a movie that talks about life and death. Growing old and living well. Privileges and inequalities. Care and abandonment.

We are the generation that will live the revolution of time: we will live for more days than our ancestors. But what does that mean?

Aging in today's society can be as rewarding as it is challenging. On the one hand, countless advances in medicine and technology have made living longer, healthier lives possible. Many people in their later years can access resources, including health care, social services, and assistive technologies, to support their health and well-being. At the same time, a good part of society finds itself at the mercy of its own fate.

Not all individuals experience aging equally, and many factors may contribute to these inequalities, including socioeconomic background, race, gender, access to health care, and leisure.

For example, people who have experienced economic hardship may be more likely to face financial insecurity in later years. They may have fewer options for healthy food and safe living environments, sanitation, and support network, which can negatively impact their health and well-being as they age.

Similarly, people who belong to socially vulnerable and historically segregated racial or ethnic groups may experience discrimination and other forms of social and economic inequality, which contributes to disparities in aging outcomes. They experience more social isolation and face barriers to accessing health services. The same is true for LGBTQIAP+ people as they age.

Gender is also a decisive factor in the mathematics of aging. Women, for example, may be more likely to experience poverty in their later years due to factors such as the gender pay gap and the fact that they often spend more time out of the formal workforce as they care for children or elderly relatives.

These inequalities in aging experiences are a form of social injustice, as they are often the result of systemic and structural factors beyond the control of individuals. It is essential to recognize and address these inequalities to promote a more just and equitable society for people of all ages. This may involve policies and programs that support the health and well-being of older people from all

backgrounds, combined with societal and State efforts that address the root causes of inequality in our society.

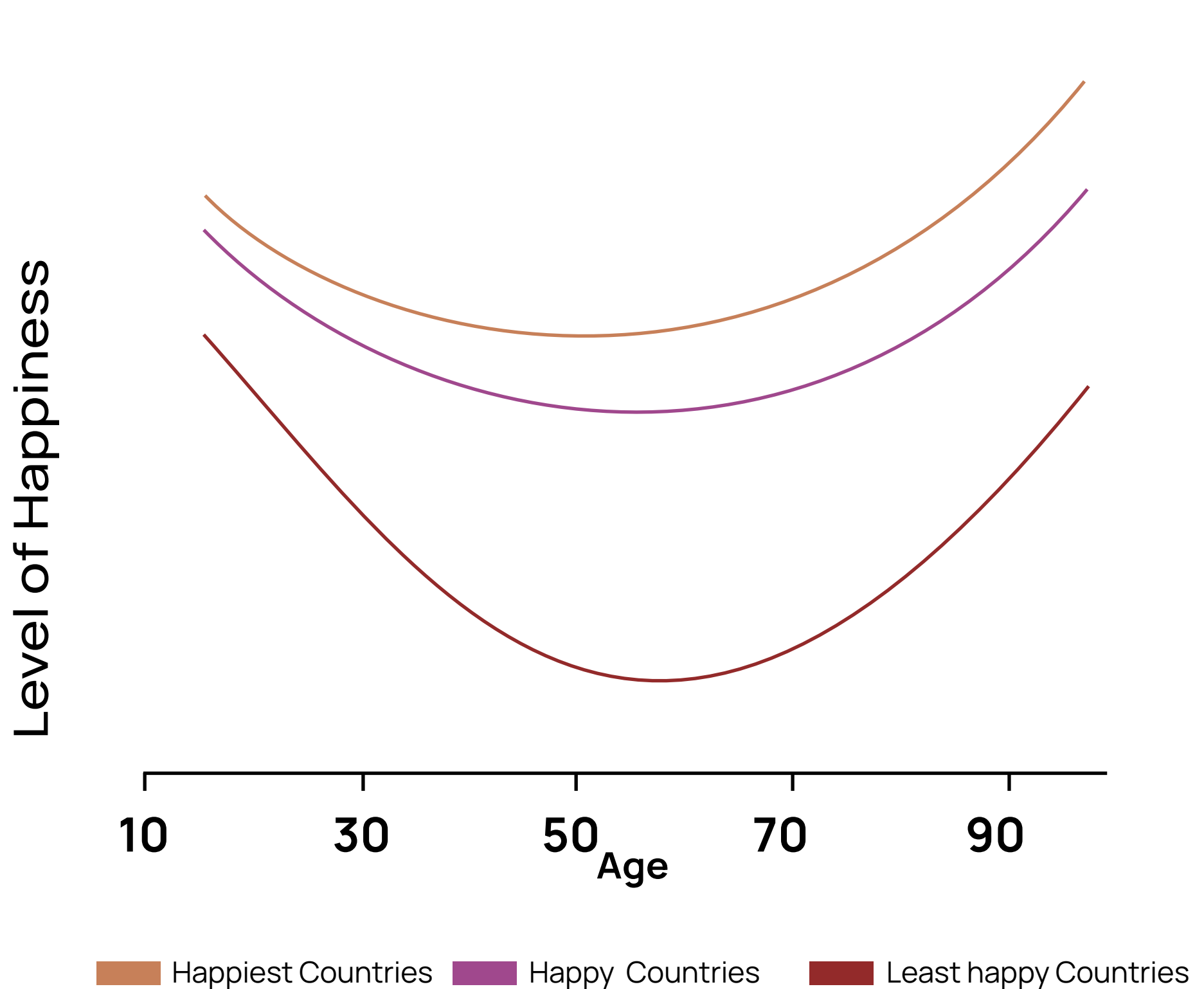
Aging also comes with personal challenges, such as physical and cognitive decline, which can affect the ability to perform daily activities and maintain autonomy. And there is social isolation and loneliness often enforced upon retirement or loss of ties with family and friends.

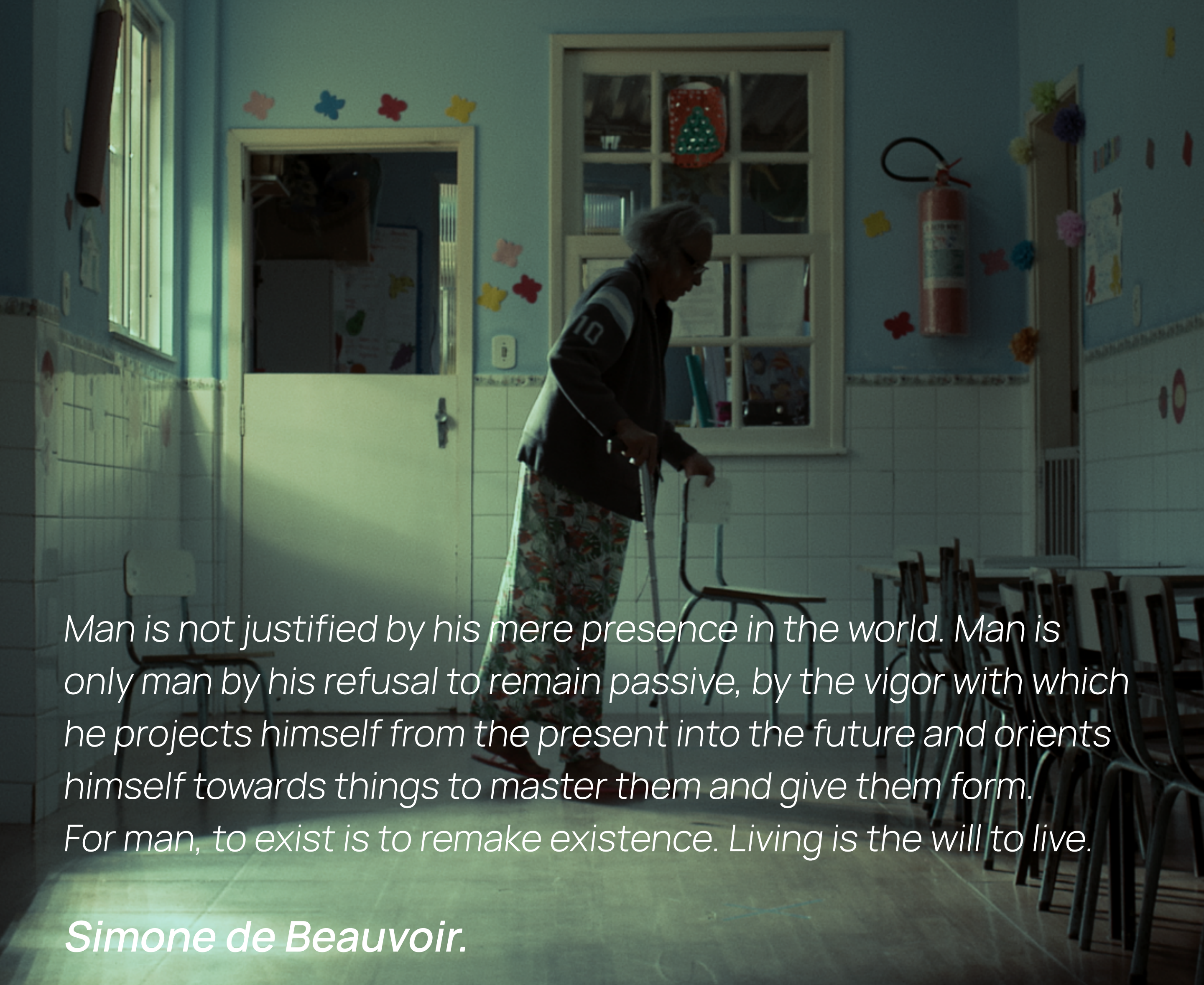
On top of that, there are social stigmas around aging, such as negative stereotypes or discrimination, which make people feel marginalized or devalued. These stigmas are related to beauty standards, to the belief in physical and mental incapacity when aging, among others. These attitudes are particularly challenging for people from historically marginalized communities.

Despite these challenges, many people find meaning and fulfillment precisely in old age. They have more time to pursue hobbies or interests that they previously could not, and they can find new ways to contribute to their communities. But with social support and access to resources, aging can be a time of continued growth and development.

Research by the [Brookings Institute](#) has found that people aged 60 and over generally have a greater sense of well-being than younger people. Happiness surveys conducted in developed countries consistently show a “U-shaped graph” pattern, with people at each end of the curve reporting greater satisfaction: happiness was high for 18- to 21-year-olds, fell steadily until age 40, and peaked at 98.

Graph “Happiness U-curve” and “Upside down U”z



A woman with short grey hair, wearing a dark jacket with the number '10' on the sleeve and a patterned skirt, is walking with a cane in a room. The room has light blue walls decorated with colorful paper flowers and a fire extinguisher. A window with a Christmas tree decoration is visible in the background. The floor is light-colored wood or laminate.

Man is not justified by his mere presence in the world. Man is only man by his refusal to remain passive, by the vigor with which he projects himself from the present into the future and orients himself towards things to master them and give them form. For man, to exist is to remake existence. Living is the will to live.

Simone de Beauvoir.



AGING: KEY DATA

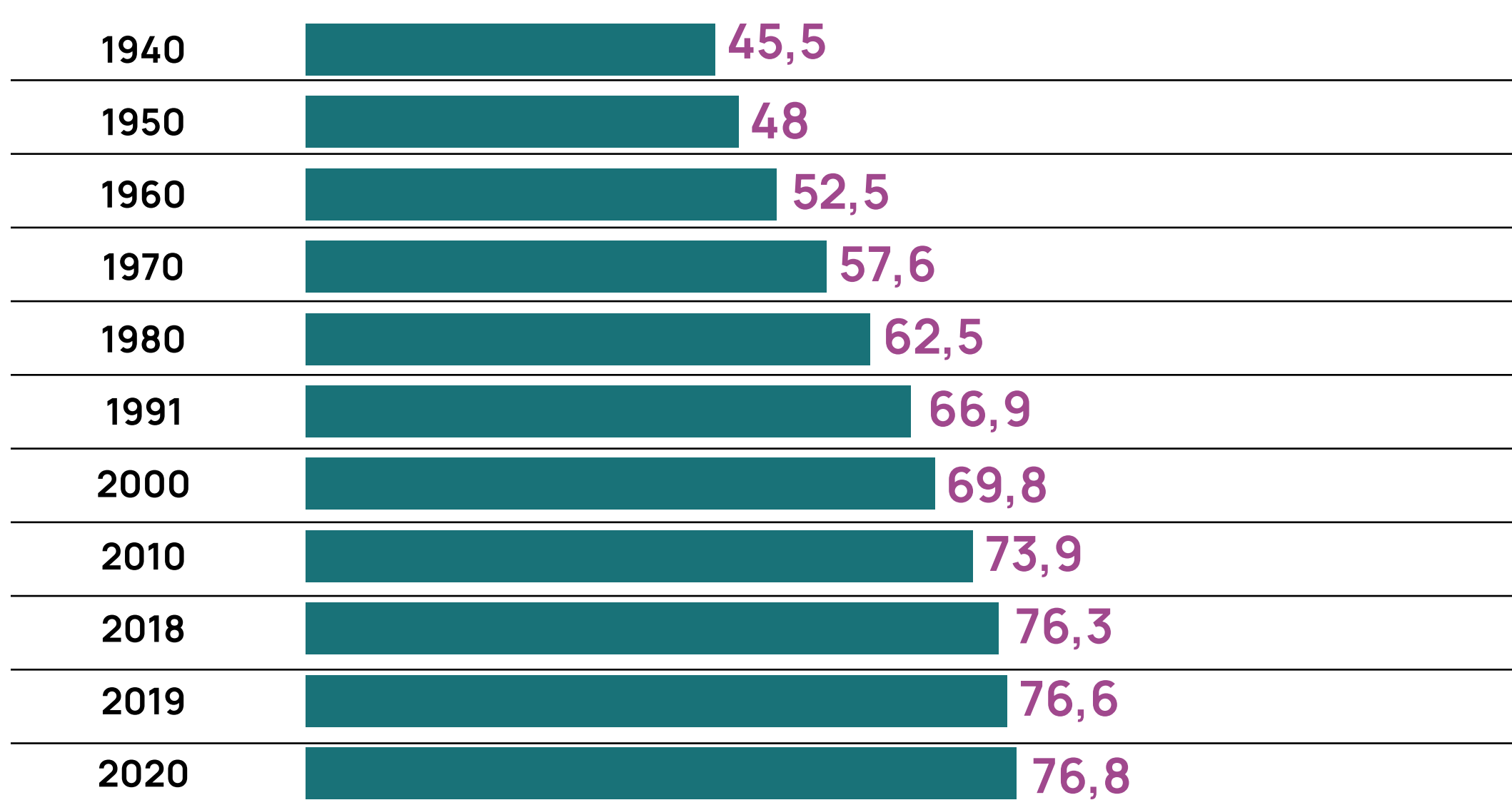
The world is witnessing a major shift in the age pyramid. The world's population is progressively aging. According to UN estimates, around 703 million people were aged 65 and over worldwide in 2020. This number is expected to grow to 1.5 billion by 2050.

In addition, the proportion of people over 80 is increasing even faster than the overall older population. In 2020, there were around 146 million people aged 80 and over worldwide, and this number is projected to grow to 434 million by 2050.

The same is true in Brazil. According to data from IBGE (Brazilian Institute of Geography and Statistics), in 2020, there were approximately 30 million people aged 60 or over in the country, which represents 14.3% of the total population. This number is likely to increase in the coming decades, reaching 73 million seniors in 2060, which will represent 34.1% of the total population. In comparison, in the 1940s, life expectancy in Brazil was 45 years.

Life expectancy in Brazil is 76.8 years.

The average is two months higher than in 2019, but it did not take into account the effects of the pandemic.



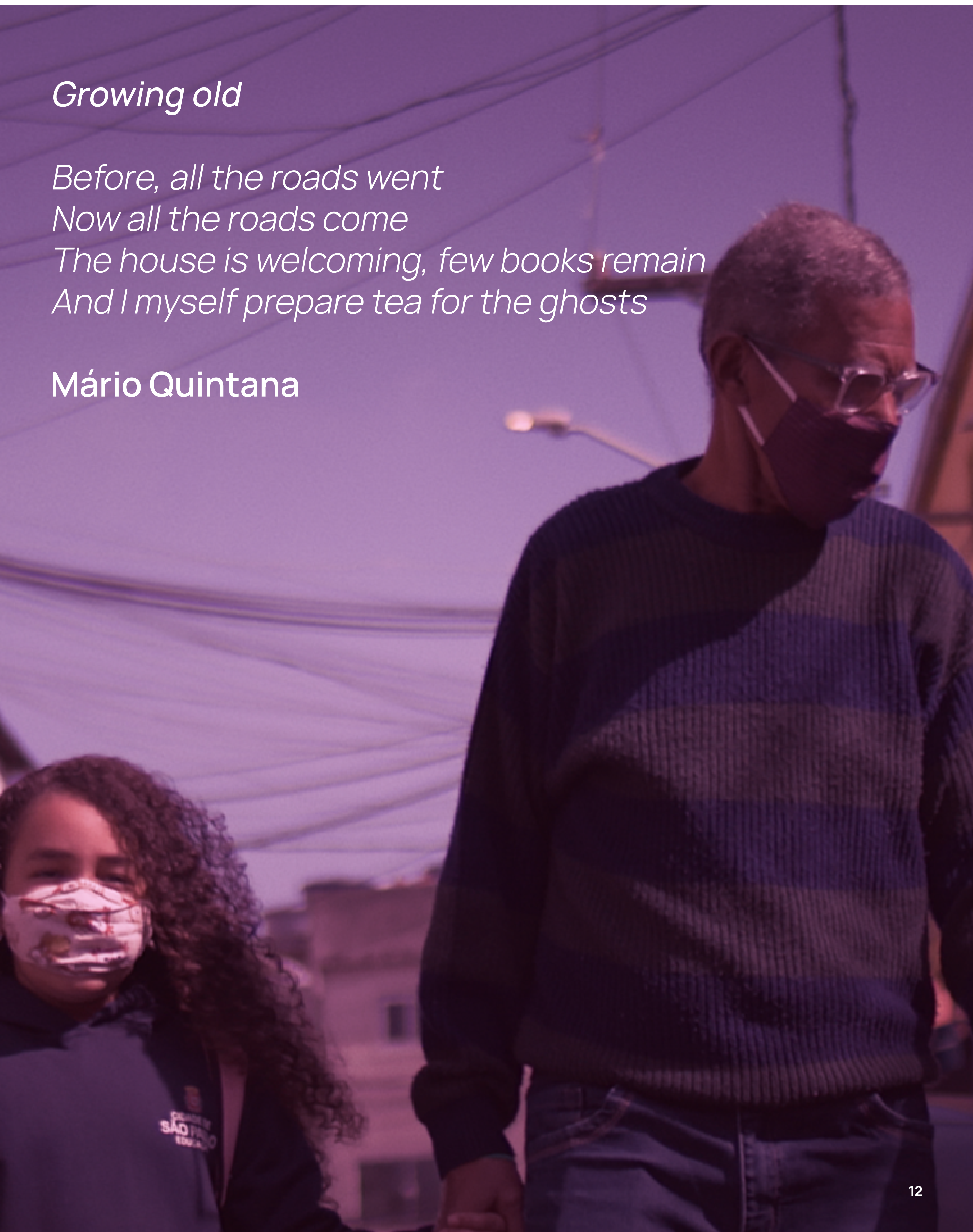
These changing demographics have significant implications for society, including increased demand for health care, the need for public policies that ensure the financial security of older people, the need to adapt workplace and urban infrastructure, increased debate on ageism, and the importance of intergenerational relationships. This begs the question: **are we prepared to age and welcome older people in our society?**

Growing old

*Before, all the roads went
Now all the roads come*

*The house is welcoming, few books remain
And I myself prepare tea for the ghosts*

Mário Quintana



ALL PEOPLE AGE, BUT NOT IN THE SAME WAY

In Brazil, racism and social inequality are important markers when it comes to aging. All people age, but not in the same way. The data demonstrates this.

According to an IBGE survey, in Santa Catarina, a state with one of Brazil's highest per capita incomes, the life expectancy was 79.9 years in 2019. In Maranhão, with the lowest per capita income in Brazil, the average life expectancy that same year was 71.4 years.

Aging is different for the rich and poor, for those who can read and for the illiterate, for those who live in urban centers, in vulnerable communities, in the countryside, and in gated communities. According to data from the 2020 [Inequality Map](#) (Only in Portuguese), in the city of São Paulo, the difference in the age of death between two neighborhoods can be enormous. While in Jardim Paulista, a wealthy region, the population died, on average, at 81.5, in Jardim Angela, a marginalized area, the average was 58.3 years. That's a 23 years difference.

Still, it is possible to find stories of resilience and long life, even in the most vulnerable communities. Here you will find almost [centenarian seniors](#) (Only in Portuguese) discussing the occupation of marginalized areas.

The Old Men

Everyone was born old - I suspect.
In houses older than old age,
in streets that have always existed - always
as they are today
and will never cease to be:
gloomy and still and indelible
even in the crumbling of the Last Judgment.
The older ones are 100, 200 years old
and we lose count.
The youngest of the young,
not less than 50 - enormous age.
None of them looks at me.
Old age forbids it. Who authorized
boys in this town square?
Who broke the law of eternity
that does not allow life to begin again?
They ignore me. I am not. I also want
to be an old man forever.
So they will talk
with me about things
sealed in a vault of understatements
the endless chatter of monosyllables, mumbles,
conclusive coughs.
They don't even see me go by. They don't trust me.
Trust! Trust!
Unthinkable gift
in closed countenances,
in the fleecy frocks,
in authoritarian hats,
in thousand-year-old beards.
I continue, dry and alone, crossing
the forest of old men.

Carlos Drummond de Andrade

HOW TO ORGANIZE A SCREENING OF “MANY DAYS, MANY NIGHTS”



The movie is available for free screenings at www.quantosdiasquantasnoites.com

Want to host a debate after the movie? Then let us help you!

Here are some tips on how to organize a free public screening with a debate:

Before the screening:

1) Watch the movie in advance so you have time to prepare. Think of how the movie touched you and the themes that caught your attention.

2) Test the movie file before the public screening, and check its sound and picture quality. It is important to download the movie before the screening so that you do not depend on the quality of the internet at the time of the showing.

3) Read all this support material with information about the movie and the proposed themes. Doing this will make you feel more prepared to speak and may facilitate conversations after the screening. Remember that this material is only a suggestion for conducting the screening and discussion. There are no rules. You may conduct the activity as you see fit

4) It is crucial to be ready to listen to opinions that differ from yours and to conduct the chat so that no one feels excluded and that all opinions can be heard and debated respectfully.

5) The role of the presenter/mediator is to create an environment where ideas can be exchanged, not to lead the group to a consensus or a ready-made conclusion on the topics discussed.

After the screening:

Once the screening is over, an interesting way to start the conversation is to ask each person present to speak ONE word that defines what they felt while watching the documentary. This exercise helps break the ice and brings several productive elements.

Suggested questions:

- What is your biggest fear about aging?
- How can you support people who are aging?
- What do you think is the role of caregiving for people who age and become ill?
- Do you think a team with people of different ages leads to better results at work? Why?



Easter

*Old age is a way of feeling cold that assails me
and a certain acidity.*

*The way a dog curls up,
when the house lights go out and people lie.*

*I divide the day in three parts:
the first to look at pictures.*

*The second to look at mirrors,
the latest and greatest of them, to cry.*

*I, who was wild and lyrical,
I'm not pictorial.*

*I ask God,
to the aid of my weakness,
to abbreviate these days and give me a face
of old tired mother, or good grandmother,
I do not care. I do aspire
with impatience and pain.*

*Because there are always those who say
in the middle of my joy:*

“Put the sweater”

“Have you the courage?”

“Why don't you put your glasses on?”

*Although a dry rose with powder scent,
I want what is thus sweet from this world,
what in me says: it is so.*

*So I stop trembling and pose for a portrait,
win a poem on parchment.*

Adélia Prado

WHAT FITS INTO AGING

FINITUDE

At the end of the movie of life, everyone dies. That is a truth one cannot escape. Finitude can be both liberating and frightening. On the one hand, the recognition that everything is finite can help one realize the preciousness and value of every living moment. It can inspire one to make the most of time, pursue passions, and value relationships.

On the other hand, it can also be overwhelming, producing anxiety and a sense of meaninglessness. But it is precisely this recognition of finitude that gives life its meaning and purpose, as it forces one to confront the reality of one's own mortality and live with purpose and intentionality.

There is a taboo around death. However, not talking about mortality can have difficult consequences for everyone. If we discuss our wishes and values with our loved ones, we may ensure that our end-of-life care aligns with our personal beliefs and wishes. **Listening to older people's wishes and allowing them autonomy in choosing how they want the end of their lives to be is an ethical principle of care.**

We will experience the loss of loved ones and grief. Talking about this can help us process this pain. By openly discussing our emotions and sharing our experiences, we might feel more connected and supported during challenging times.

Moreover, talking about death and finitude can help build a more compassionate and empathetic society. In acknowledging that all people are mortal and that we will all experience loss and grief at some point in our lives, we can foster a greater sense of understanding and solidarity with others.

Discussing death and finitude can be uncomfortable or difficult, but it is an important part of living a rich and meaningful life. Talking about death and the end of life empowers us to live better in the present. And talking about this

subject with those prepared to welcome our anguish and doubts is even better. [InFINITO](#) is a movement that promotes sincere conversations about living and dying. It is a welcoming environment for life issues: aging, palliative care, death, and grief.

Want to know more about finitude



Books written by those in the field (in Portuguese)

[Death Is a Day Worth Living - Ana Claudia Quintana Arantes](#)

[Beautiful stories to die for - Ana Claudia Quintana Arantes](#)

[For life to be worth living - Ana Claudia Quintana Arantes](#)

[As long as I breathe: dancing with time and all the possibilities of being alive until the last breath - Ana Michelle Soares](#)

[This book contains hope: stories about living and coping with a serious illness - Ana Michelle Soares, Ana Claudia Quintana and others](#)

[Whole life: a journey in search of the meaning and sacredness of each day - Ana Michelle Soares](#)

[Between lucidity and hope: a look at finitude for those who have no time to lose - Ana Michelle Soares](#)

[Disenfranchised grief in contemporary society - Gabriella Casellato and others](#)

[When death comes home - Teresa Vera de Sousa Gouvêa](#)

[Being Mortal - Atul Gawande](#)

[Healing Patients: The Everyday Life of a SUS Doctor - Julia Rocha](#)



Books by other authors (in Portuguese)

[The last best days of my life - Gilberto Dimenstein and Anna Penido](#)

[A Matter of Death and Life: Love, Loss and What Matters - Dr. Irvin Yalom](#)

[Hand in hand: a clown and a psychologist talk about the courage to grieve and the beauty that comes from saying goodbye - Claudio Thebas and Alexandre Coimbra](#)

[On Death and Dying: What the Dying Have to Teach Doctors, Nurses, Clergy and Their Own Families - Elizabeth Kübler-Ross](#)

[The Wheel of Life: A Memoir of Living and Dying - Elizabeth Kübler-Ross](#)

[Grief is another word for love - five ways to honor the lives of those who go and those who stay after a loss - Rodrigo Luz](#)

[Os cinco convites: descobrindo o que a morte pode nos ensinar sobre viver plenamente - Frank Ostaseski](#)

[The Year of Magical Thinking \(English Edition\) - Joan Didion](#)

[The dead girl's father - Tiago Ferro](#)

[List of films suggested by Cineclube da Morte](#)

[Cinemateca do Infinito](#)



Podcast (In Portuguese)

[Finitude Podcast: podcast on aging, mental health, illness, palliative care, death, and grief. Hosted by journalists Juliana Dantas and Renan Sukevicius.](#)



Other sources (In Portuguese)

[A handbook for journalists who want to get up to speed on language around issues of illness, diagnosis, palliative care, death, and grief.](#)


[LGBTQIA+ grief](#)

[inFINITO Yellow: Suicide, everyone's problem](#)

[inFINITA Retrospective: a collection of the eight most-read articles published on the inFINITO blog in 2022](#)

[“Vamos falar sobre o Luto”](#) (Let's talk about grief): Seven friends who have experienced grief share their journeys.

[Morte sem tabu](#) (Death without taboo): Blog on topics related to living and dying.



*I shall grow old, but never lose life's zest, because
the road's last turn will be the best.*

Henry Van Dyke

WHEN WE TALK ABOUT FINITUDE, WE NEED TO TALK ABOUT CARE

Suffering is intrinsic to human life. And when experienced alone, it can be unbearable. So, to talk about the challenges of growing old, getting sick, and dying, we must put care at the center of it all. **Caring for each other and oneself is the path to full longevity.**

All human beings depend on care to exist. As soon as they are born, people need to be comforted, fed, nurtured, and held. As they grow, they gain autonomy and an illusion that they no longer need care. But at some point in life, care becomes essential again. Be it an accident, illness, or aging. Even if you have a healthy old age, your movements and autonomy decrease. Sometimes you need someone to help you go to the bank, tie your shoes, or shower. Sometimes the care needed is even more basic: feeding oneself, breathing. Caring is an ethic that keeps us alive and human.

CARING FOR THOSE WHO ARE AGING

With the increase in the elderly population, many families face a new challenge: organizing the routine and finances to care for a person who needs help. Even if the older person is healthy, mobility and autonomy often decrease. In addition, they need help going to the market, accompanying them to a medical appointment, or taking them out for a moment of leisure. Daily activities that were previously done without help from anyone now require company.

Each family finds a solution within their material, financial and affective conditions. But are we ready to have this conversation beyond the intimacy of each other's homes? Is it possible to think of a community of care? Neighbors, friends, cultural centers, community spaces of living and nourishment?

The responsibility of caring for those who age, when left solely to families, tends to overburden especially women - mothers, daughters, nieces, and granddaughters - who are most likely to quit their jobs, change their schedules, and take on the responsibilities of caring for the elderly in the family. **When care is shared between family, society, and the State, it becomes care for all: the caregiver and the cared-for.**

Some families may rely on the help of a professional caregiver, someone prepared and paid to care for those who need help as they age. Despite being an increasingly necessary profession due to the aging of society, caregiving is still not regulated. Caregivers are fighting for professional recognition, thus, it is essential to define their professional duties (what they can and cannot do) and guarantee a wage base and working hours.

The profession is in the Brazilian Classification of Occupations (CBO) of the Ministry of Labor. But the President vetoed the project that regulated it in 2019, and Congress upheld the veto. In 2023, the project went back to the agenda.

PALLIATIVE CARE

When a person is diagnosed with a life-threatening illness, they can rely on specific care: palliative care. Palliative care is multidimensional care - physical, emotional, family, social, and spiritual - offered by a team of different healthcare professionals to provide support at this time of life, both for the patient and the family.

The idea is to improve the quality of life of those who fall ill: alleviating the suffering with the evolution of the disease, helping prepare for parting and death, and giving meaning and value to life and feelings.

According to the World Health Organization, palliative care is

“An approach that improves the quality of life of patients (adults and children) and their families facing problems associated with life-threatening illnesses. It prevents and alleviates suffering through early identification, correct assessment, and treatment of pain and other physical, psychosocial, or spiritual problems.”

Palliative care is not a medical diagnosis, nor does it concern a specific stage of any disease. It also does not preclude the use of other medical treatments. Palliative care looks at the person who is ill and what they are facing and proposes the best alternatives in terms of treatment and quality of life.

Palliative care is usually provided by a team of healthcare professionals, including doctors, nurses, social workers, psychologists, and other specialists, who work together to provide comprehensive care tailored to the patient's individual needs. These needs may include pain management, symptom control, assistance with daily activities, emotional and spiritual support, and help in making treatment decisions.

On the website of [Casa do Cuidar](#), a center specializing in palliative care founded by Dr. Ana Claudia Quintana Arantes, we found the principles that guide this treatment:

- 1. To respect patients' dignity and autonomy.**
- 2. To honor the patient's right to choose among treatments, including those that may or may not prolong life.**
- 3. Communicate clearly and carefully with patients, their families, and their caregivers.**
- 4. To identify the main care goals from the patient's point of view.**
- 5. To provide impeccable control of pain and other symptoms of physical distress.**
- 6. To recognize, assess, discuss, and provide access to services for psychological, social, and spiritual issues.**
- 7. Provide access to therapeutic support, spanning the spectrum of life through end-of-life treatments, which improves the perceived quality of life for the patient, their family, and caregivers.**
- 8. Organize care that promotes continuity of care for the patient and their family, whether in the hospital, office, home, or other healthcare facility.**

9. Maintain an attitude of educational support for all those involved in the patient's direct care.

Palliative care is a human right to have dignified treatment when facing an illness, not a privilege of those who can afford it. Thus, it is paramount to define public policies for free access to treatment. In 2018, the federal government published a resolution for use in SUS (Unified Health System). For details, visit the [Ministry of Health website](#).

Learn more about palliative care (in Portuguese)

[National Palliative Care Institute \(ANCP\)](#)

[Palliative care: a revolutionary way of caring](#)

- [Palliative care: legal aspects - Luciana Dadalto, Ana Carla Harmatiuk Matos and others](#)

- [Manual de Cuidados Paliativos ANCP](#)

Learn about the living will: a document registered in a Notary's Office in which the patient declares his/her wishes about his/her future treatment, in the face of the possibility of being incapacitated by serious illness, to freely express his/her will.

<https://www.testamentovital.com.br/> and <https://www.instagram.com/lucianadadalto/>

[Living Will. - Luciana Dadalto](#)

COMPASSIONATE FAVELA

A compassionate favela is another initiative that thinks of care as a whole. These are collectives organized to care for the most socially vulnerable people. It is born within the community itself and is mainly made up of local people who work to care for those suffering from severe illnesses and their families.

It is a complementary way of being present and helping to alleviate human suffering in situations of extreme vulnerability. Compassionate communities usually exist in neighborhoods, favelas, and vulnerable communities. It is not a care that replaces health professionals and the duty of the State. It is a bond of compassion between people to help them through difficult times.

The compassionate favela became a reality thanks to the work of Alexandre Silva, a palliative care nurse and university professor. He set up the first communities in the favelas of Rocinha and Vidigal in Rio de Janeiro.

Learn more about compassionate favelas (in Portuguese)

<https://www.comunidadecompassiva.com.br/>

[Compassionate favelas: providing a caregiving model for Brazil](#)

[Compassionate favelas](#)



Read more at (In Portuguese)

[Compassionate favela Instagram account](#)

[Prof. Alexandre Silva's Instagram](#)

WHAT FITS INTO AGING

AGEISM

Derived from the English “aging,” ageism is a term coined in 1969 by the gerontologist and psychiatrist Robert Neil Butler, and it concerns the discrimination of people or groups based on age. The World Health Organization (WHO) defines ageism as the stereotypes (how we think), prejudices (how we feel), and discriminations (how we act) directed at people based on their age.

Prejudice can exist in many ways: lack of access to public spaces, compulsory layoff of older workers, poor representation in the arts and fashion, access barriers to leisure and education, few opportunities for financial autonomy, ridicule, jokes, and marginalization.

With the aging of the population, situations of ageism are increasing, leaving the leaving those over 60 vulnerable and susceptible to various problems. Companies and the State must devise specific inclusion and access policies for older people, guaranteeing rights such as autonomy, security, and access to health services.

Ageism can happen in different ways and areas:

- Institutional ageism refers to laws, rules, social norms, policies, and institutional practices that unfairly restrict opportunities and systematically disadvantage individuals based on age.
- Interpersonal ageism arises in interactions between two or more individuals.

Learn more about ageism (In Portuguese):

<https://vitat.com.br/etarismo/>

WHEN WE TALK ABOUT AGEISM, WE NEED TO THINK ABOUT:

LABOR MARKET

How will society and businesses prepare to keep older people in jobs and creative activities as life expectancy increases? It is a common practice in many organizations to terminate the employment of professionals after a certain age as if age were a sign of an inability to adapt or produce.

But in parallel with the increase in life expectancy - with an inversion of the age pyramid - changes in the world work are also accelerating. Technology, transformations in labor relations, and the ever-growing use of Artificial Intelligence; all these changes mean that even younger professionals need to adapt and study constantly. The ability to adapt is something that exists at all ages. Anyone, young or old, who does not stay active and learning, will have less space in the labor market. Therefore, age should not be a factor that prevents professionals from continuing to work.

A survey conducted in 2022 by the recruiting platform Vagas.com showed that one in four people over 40 was fired because of their age. About 24% lost their jobs because they were considered old. According to a report by the [General Register of Employment](#) (Caged), more than 700,000 professionals over 50 lost their jobs during the pandemic.

Besides being a discriminatory and prejudiced practice, firing older people goes against the diversity and inclusion processes that so many companies promote. And a diverse team reflects the society in which we live. The 50+ age group is the fastest growing, and it is where the highest unemployment rate is. Older professionals should not have an expiration date in the labor market.

THE POWER OF INTERGENERATIONALITY

The interaction between people of different ages can benefit everyone, including companies. A [study](#) by the American Association of Retired Persons (AARP) showed several benefits of intergenerationality in the labor market:

- **More productivity:** older people can share knowledge, help younger people in the company navigate the corporate environment, mentor, develop talent and bring a more experienced eye to problem solving.
- **More business opportunities:** companies that reflect the diversity of society tend to establish stronger bonds with customers and thus generate more sales. When people of different ages see themselves in products and salespeople, they are more likely to buy. Also, having older people in product development helps develop a better user experience.
- **More innovation:** The more varied and diverse the teams, the more likely they are to innovate. Multigenerational teams find innovative solutions.
- **Stronger businesses:** according to Great Place To Work's US research, inclusive companies are more resilient and recover faster from an economic downturn.
- **Improved GDP:** with more people over 50 working, countries' GDP grows, improving the economy of society as a whole.

The benefits of hiring 50+ professionals go beyond them. It positively impacts the whole company and society. That's why organizations, especially those responsible for hiring, need to work to recognize unconscious biases that prevent older people from being hired or rehired or discourage the creation of affirmative job openings.

Organizations like [Fórum Gerações](#), [Labora](#), and [Maturi](#) can help companies that want to strengthen this commitment to increasing generational diversity. They offer a CV database, training, content production, and networking opportunities. They also offer consultancy for companies.

A 2022 survey, carried out by the consultancy firms EY and Maturi, showed that almost 80% of the participating companies don't have specific and intentional policies to combat age discrimination in their hiring processes.

And the companies that work with diversity, equity, and inclusion (DEI) answered that the main issues are Gender and Ethnic/Racial (both with 75% of mentions). Only 45% work on the Age/Generational pillar. In a rapidly aging country, this pillar should already be considered a priority priorities.

To know all the survey results, go [here](#) (Available in Portuguese).



Further resources: (in Portuguese, Spanish and English)

[Maturi's ebooks and research](#)

Hundreds of articles: <https://www.maturi.com.br/artigos>

Videos of lives, podcasts, lectures, and classes on our YouTube channel.

Watch at <https://www.maturi.com.br/acoes-e-eventos> and <http://www.youtube.com/@soumaturi>

[Latam Silver Tsunami research release - Data8](#)

[Longevity Economics - Dr. Jorge Félix](#)

[Ageism: a new name for an old prejudice \(Book\) - Fran Winandy](#)

[The Multiple Faces of Old Age in Brazil - Anita Neri, Meire Cachioni and Olga Von Simson](#)

Article on careers most and least likely to be impacted by automation - iDados: [SciELO - Brasil - Automation and job loss: the Brazilian case](#)

[Portrait of Informal Work in Brazil](#) - Instituto Veredas, Fundação Arymax and B3 Social

[Portrait of Informal Work in Brazil \(launch video\)](#)

[Can't Even: How Millennials Became the Burnout Generation \(English Edition\)](#) - Anne Helen Petersen

[Study on ageism in companies - Maturi and EY](#)

More tips: (In Portuguese):

[Inclusion of generational diversity in companies has started](#)

[Labora's tips and information](#)

Fórum Gerações' website

[Gerando Sinergia | Fórum Gerações \(forumgeracoes.com.br\)](#)

[Company hires employees over 45, and absence plummets](#)

[When your history is a path to the future](#)

[The power of 50+ women for business and society](#)

[Generational diversity, a cause that benefits everyone](#)

[The era of generational diversity in the labor market](#)

[The Intern \(2015, Nancy Meyers\)](#): The movie tells the story of an older man who returns to the job market, interacting with younger people.

[Up in the Air \(2009, Jason Reitman\)](#): A man has the job of firing older people. But he ends up with his job on the line.

SILVER ECONOMY

The increase in the 50+ population has also created a consumer niche. The so-called silver economy represents products and services consumed by older people. Also called the longevity economy, this market already generates US \$15 trillion yearly worldwide. In Brazil, it moves around R\$ 2 trillion.

The Organization for Economic Cooperation and Development (OECD), in partnership with the Global Coalition on Ageing (GCOA), identified issues that need to be addressed to strengthen the silver economy and generate benefit for an increasingly large population:

- **Policy reforms to correct aging biases and tackle inequalities in aging.**
- **Technology solutions to empower the 50+ population to build new markets.**
- **Create new products and services, support work practices, and create connected communities.**
- **New forms of funding to boost the silver market: stimulating investment can drive innovation and market growth in tandem with philanthropy and public funding.**
- **Think about new, more flexible career models with upskilling for older people: these changes in the workforce can lead to higher productivity, more jobs, and economic growth.**

[The Shift's](#) newsletter made a snapshot of companies profiting from longevity. According to them, since 2015, 75 companies with a primary focus on longevity have raised \$12.5 billion to fund research into the length and quality of natural life. This burgeoning industry should reach [\\$64 billion by 2026](#).

Research and investment in medicine and technology lead to innovation that can increase the length and quality of life. But it also increases inequality of access. While the very rich spend some of their fortunes discovering the magic formula to slow aging, millions struggle to access basics such as food, shelter, and health. In a [piece](#) in the Financial Times, they are called the designer elderly elite.

In Brazil, SilverHub, a startup accelerator focused on the longevity market, [celebrated one year of life in early 2023 and is preparing for a new round of investments](#). The plan is to invest between BRL 5 million and BRL 10 million to accelerate 15 to 20 early-stage companies over the next 36 months.



[Learn more \(In Portuguese\)](#)

[Tsunami 60+](#)

[Silver Economy](#)

[The Power of the Silver Economy](#)

[Hype 50+](#)

Poetics

*In the morning I dim
In the day I noon
In the afternoon I fall
In the night I burn.*

*To the west, death
Against whom I live
From the captive south
The east is my north.*

*Others may count
Step by step:
I die yesterday*

*Tomorrow I am born
I walk where there is space:
- My time is when.*

Vinicius de Moraes

WHAT FITS INTO AGING

LONGEVITY

Adding years to life and life to years. We are moving towards living longer and longer. What will the quality of life be like? How do we want to spend the years we have ahead of us? How to prepare to live fully? Who will be by our side? A long well-lived life requires care. And this care needs to encompass all the complexity of what it is to be human: the body, the mind, spiritual life, relationships, and the ability to continue dreaming and creating.

Growing old should not mean being still, neither in time nor mind or body. You have to stay active and curious. There are issues around the quality of aging that depend on individual choices and changes in habits.

[Plenae](#) (In Portuguese), a website that brings together reference content on well-being and quality of life, outlines six cornerstones for a fulfilling life as you age:

- 1. Body** - You must keep an eye on your body, which is more than your vehicle: it is your home.
- 2. Mind** - Don't put off your mind's questions until tomorrow. Listen to its inner echoes, and don't lose yourself.
- 3. Spirit** - You must feed your Spirit daily and keep your beliefs coordinated and active.
- 4. Relationships** - Strengthening the bonds in your relationships is to put into every day practice what the poet said: it is impossible to be happy alone.
- 5. Context** - Look around you: what do you see? Context is everything. Participate more actively in your own life.
- 6. Purpose** - Do not ignore your calling. Listen to your inner voice, which sometimes whispers, sometimes shouts: what makes you get up every day?

A holistic and comprehensive approach is essential for longevity and quality of life. People are complex beings and need to have all their demands observed and accounted for. A long-term project developed by Harvard University called the [Study of Adult Development](#) stated that people who interact frequently with families, friends, and the community are healthier and happier. In contrast, according to the study, those who suffer from social isolation and loneliness have a 30% risk of premature death.

Keep wishing, making plans, and having a reason to wake up each day. [Research](#) by several universities has shown that people who have a purpose in life are 30% less likely to die and live, on average, two years longer.

In addition to caring for relationships, mind, and purpose, we need to look at our bodies. Changing habits is essential, but it is not an easy journey. Research has shown - and continues to confirm - that taking care of food, being active, sleeping well, and giving up habits such as smoking or drinking too much alcohol only brings benefits. The body is our home here on Earth, and we must take good care of it.

Have you ever heard of Salutogenesis? Salutogenesis is the study of the origins of health. Focused on prevention, according to an [article](#) by Monica Rosales, president of the São Joaquim Association, salutogenesis is a way to age well. It is the individual ability to live with quality and overcome ailments, driven by a sense of coherence and other positive subjective values. The idea is to face the adverse situations of life and still become flexible, internally and externally. It is to seek the origin of health within a holistic view of the human being. According to the author:

“This requires a sense of internal coherence. From childhood, children must learn that the world can be understood, that the world is meaningful and valuable, and can be managed. Living with older people, who have been through tough situations and still seem to be getting on with life, is perhaps one of the greatest learning sources. Older people, who, in turn, have a sense of worth and belonging in their environment, certainly have renewed health strength.”



Learn more (In Portuguese):

[How to maintain a healthy habit in a fast-paced routine](#)

[Habits that make you live longer and better](#)

[Salutogenesis: a path to better living](#)

[How to maintain a new habit](#)

[What science has to say about gratitude](#)

[We need to talk about love](#)

[TEDx on Longevity](#)

[Tips for waking up better](#)

[How to feed your faith](#)

[Being more resilient](#)

[Weekly planner for good habits](#)

[Challenges to improve your mental health](#)

Podcast (In Portuguese) with inspiring stories, expert advice, and cultural tips.
Available on all podcast services, such as [Deezer](#)

Plenae's Podcast (In Portuguese):

[Geraldo Rufino: a story of triumph, dreams, and pleasure in helping others](#)

[Veruska Boechat talks about the lessons that grief brought to her life](#)

[Adriana Barbosa: the entrepreneur organizes the largest black culture event in Latin America and changes not only her own but other people's reality](#)

[Pedro Pimenta: a new look at life. "From 1% chance of survival to 100% independence"](#)

[Eduardo Lyra: the entrepreneur made a difficult childhood the fuel to take flight and change lives](#)

“De bem com você”, Podcast by Vitat (In Portuguese):

[Healthy Living: what is it anyway?](#)

[Stress: ways to control the mind in difficult times](#)

[Personal Habits: small healthy habits to change today](#)

[Food and longevity](#)

[The best exercises for longevity](#)

[Why managing stress is important for health](#)

[Physical activity for older people](#)



The heart must be, at each new call for leaving, prepared to part and start without the tragic, without the grief - with courage to endeavor a novel bond, a disparate connection: For each beginning bears a special magic that nurtures living and bestows protection.

Hermann Hesse

SEXUALITY

Some people believe that as people age, they stop having libido and exercising their sexuality. Talking about sex among older people is still considered taboo. It is necessary to reframe sexuality and old age. Changes in the body are inevitable: hormones, mobility, and performance. For this reason, experts say that it is necessary to look at sexuality in a holistic way and without stereotypes.

What are the sources of physical and emotional pleasure? Each person has a personal story that mixes feelings of tenderness, affection, excitement, and acceptance. How we experience pleasure changes with each stage of life, but we always need to find pleasurable ways of being in the world and in relationships with others. Living your desire to the fullest is also a path to longevity. And it doesn't necessarily have to be a sexual act. It can involve cuddling, kissing, affection, touch, smell, and company.

As in all periods of life, it is important to take care of your sexual health and avoid diseases. It is essential to use condoms, lubricants and have regular health check-ups. In recent years, there has been an increase in sexually transmitted diseases among older people. In addition to individual care, the State must promote health campaigns aimed at the older population.



[Learn more](#)

Films about sexuality in later life:

[Saraband](#), by Swedish filmmaker Ingmar Bergman. In the drama, Marianne impulsively decides to visit her ex-husband, whom she separated 30 years ago.

[Love Is Strange \(film\)](#), directed by Ira Sachs, this feature film tells the story of Ben and George, a couple who have lived together for 39 years and finally get married when same-sex marriage becomes legal in New York.

Lucia Murat's Brazilian drama [Em Três Atos](#), featuring Nathalia Timberg and Andréa Beltrão, is about an elderly intellectual confronted with questions

about the finitude of life. Based on contemporary dance, the film presents an 85-year-old dancer and a young dancer in her prime, with dialogues inspired by Simone de Beauvoir's writings on old age and death.

[Growing old: sexuality \(In Portuguese\)](#)

Read more (In Portuguese)

[Sexually transmitted diseases in the elderly population](#)

[Scientific papers on aging](#)

[Sexuality in later life](#)

[Sexuality in old age](#)

[Love and sexuality in old age](#)

[Gender boundaries and sexuality in old age](#)

[We need to talk about sexuality](#)

BEAUTY AND AESTHETIC STANDARDS

We live in a society that values youth and its aesthetic standards. Aging can bring another question: how to see beauty in a body that is not young? Standards change according to gender and are crueler for women, who also have their value associated with aesthetic beauty.

Seeing wrinkles in the mirror, a flabbier body, a few extra pounds, and dry skin - all common and natural phenomena of physical aging - can affect self-esteem and a sense of belonging. A person is also their body, and transformations have a real impact on how people see themselves and on social relationships. Therefore, it is important to ask new questions and find other references. What is beauty? How to recognize yourself as beautiful over the years? Who are the people aged 50+ who occupy fashion, beauty, and aesthetic spaces? Which companies are committed to making products for those who age?

Gradually, more men and women over 50 are becoming part of the conversation about aesthetics and beauty. Finding your way to be okay with your body and your beauty, regardless of age or physical form, brings well-being and fulfillment at any age.



Learn more (In Portuguese)

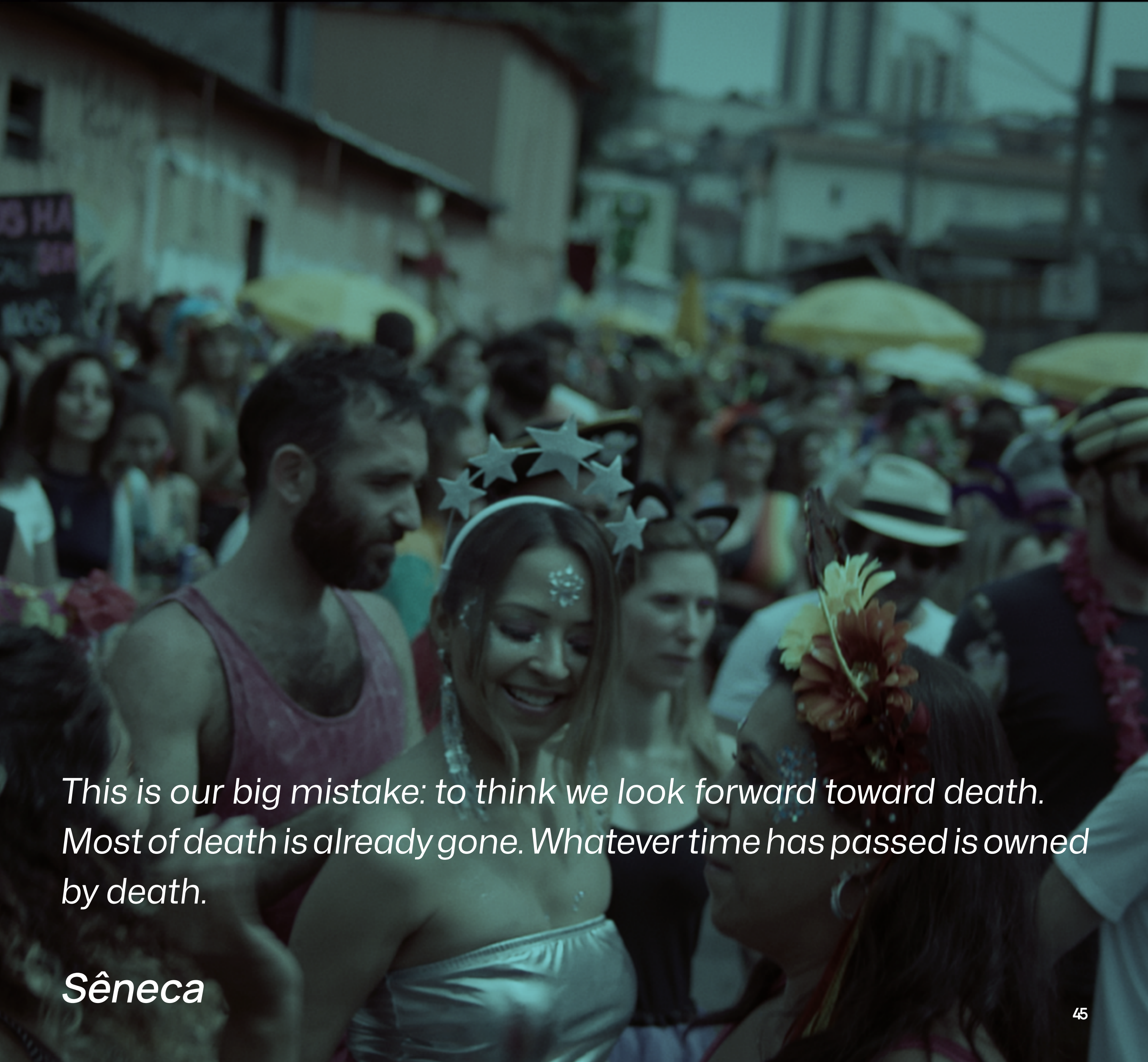
[Branco & Prata \(Portuguese Language Documentary\)](#)

[Pure Beauty: the 50+ women's movement](#)

[Until when will women 50+ be valued by youthful standards?](#)

[Reframing the beauty standard](#)

[Beauty Standards](#)



This is our big mistake: to think we look forward toward death. Most of death is already gone. Whatever time has passed is owned by death.

Sêneca

AGING IN THE GLOBAL CONTEXT

Do you know what the UN Sustainable Development Goals (SDGs) are?

They are 17 Goals set by UN Member States as key to transforming our world by 2030: a global agenda to end poverty, promote prosperity and well-being for all, protect the environment, and tackle climate change. All while leaving no one behind.

We at Maria Farinha Filmes always associate our productions with the SDGs. It is a way to tell more people what these goals are and how they can be put into practice from the themes and discussions of our films.

The movie **Many Days, Many Nights** connects with the following SDGs:



Preparing for populational aging is vital for the achievement of the integrated [2030 Agenda](#), for which it is necessary not only to address the marginalization and vulnerability of older people from their social groups **but also to go beyond treating all older people as a vulnerable group**: they must be recognized as active agents of social development, to achieve a truly transformative, inclusive reality with results for sustainable development.

Decade of Healthy Aging in the Americas (2021-2030)

In December 2020, the United Nations General Assembly declared the period from 2021 to 2030 as the Decade of Healthy Ageing. A global initiative that brings together governments, civil society, international agencies, professionals, researchers,

businesses, and the media to jointly think of strategies to improve the lives of older people, their families, and communities.

The Pan American Health Organization (PAHO) heads the focused agenda of the Decade of Healthy Ageing in the Americas 2021-2030. Analyzing the 2023 Brazilian scenario, PAHO [listed actions within the Brazilian context](#) that can contribute to the global picture. To learn more, visit the [official website](#). In addition, UNFPA, the United Nations Population Fund, the UN agency that deals with population issues, [published](#) a study on aging, highlighting its challenges and achievements. In its most recent population report, [“8 Billion Lives, Infinite Possibilities: The Case for Rights and Choices”](#), published in 2023, UNFPA highlights the opportunities and challenges on an unequal planet where people are living longer, healthier lives and enjoying more rights and choices than ever before.

NOTE FROM SUPPORTERS

Pipponzi Family



Fast or slow, a little or a lot, without warning or suddenly: all of us human beings will - in theory and with luck - grow old. Yet, terrified by the specter of old age and gifted with information, we live in a society where living longer creates pressure for less white hair, less wrinkled skin, and more physical disposition, not with more autonomy, more productivity, and more purpose. Our unequal society, which educates more plastic surgeons than geriatricians and does not discuss the end of life, has not understood the importance of preparing for the aging of its individuals. This film is born out of a desire to put a new light on these issues and face the challenges of healthy aging with decency and clarity.”

Marta and Familia Pipponzi

RD-RaiaDrogasil



“In recent years, RD-RaiaDrogasil has grown by conquering new frontiers and helping millions of Brazilians face their health challenges.

Today, we understand that our calling as a healthcare company goes far beyond physical health. By 2030, we want to be the leading contributor to a healthier society. To do so, we need to expand the way we put our strengths into practice: caring for people and the ability to build the future.

This is how RD has been working for comprehensive physical, mental, social, and environmental health, diversity and inclusion, and valuing people. We are committed to doing increasingly more for a healthier society.

Support for the movie Many Days, Many Nights has everything to do with our purpose because we believe the future will only be possible with healthier people, healthier businesses, and a healthier planet.”

Giuliana Ortega

Head of Sustainability RD-RaiaDrogasil

ASHOKA



Changing demographics in Brazil and worldwide point directly to the need and opportunity to understand how people plan for and experience aging and how society creates opportunities to keep them integrated, healthy, and engaged. The Ashoka community has been working to ensure that all people cultivate the ability to find purpose, security, and well-being in the aging journey.

The movie *Many Days, Many Nights* invites us to reflect deeply on the topic and opens paths to build new ideas that can transform how we understand and live aging.”

Maria Clara Pinheiro

New Longevity Vice Leader Ashoka

UNFPA



Global data indicates that by 2050 around 80% of people aged 60 and over will live in developing countries.

Aging is not only driven by falling fertility rates. Medical advances and improvements in health and nutrition also contribute to longer life expectancy. The results of these tremendous achievements should serve as a basis for ensuring that as we age, quality of life is maintained around the world.

UNFPA supports countries in strengthening demographic resilience, developing comprehensive population policies based on demographic intelligence and commitments to reproductive rights and choices, and gender equality. We work with governments, civil society, and the private sector towards a more equitable distribution of care responsibilities between men and women, promoting healthy aging and building societies for all ages.”

Florbela Fernandes

UNFPA Representative in Brazil

Beja Institute



The Beja Institute is pleased to support the movie Many Days, Many Nights. One of the causes of the Beja Institute is income generation for people over 50, and we see in this cause a trend that is here to stay: longevity. At the same time, we are in a country that needs to improve its healthcare system, mental health support, and the employability of older people so they can have more dignity. We think the film is a wonderful way to disseminate and spread this cause and show its importance. We are delighted with the release and to be part of this movement.”

Cristiane Sultani

President and founder of Beja Institute

Movimento inFinito (@infinito.etc)



If I die...

I have heard this comment in different contexts, often followed by the classic, “Death is the only certainty we have.” We live between certainty(?) and this fanciful hope about our end. And this wishful expectation of “if I die” is always accompanied by the description of an idealized death that will happen at a very distant moment in life, during a pleasant sleep at home and without any suffering.

But global data shows that only 12% of people will die suddenly. The other 88% will experience the death process dealing with diagnoses such as cancer, Alzheimer’s, Parkinson’s, and other degenerative diseases. We have gained many years of life and the prospect and reality of diagnoses.

According to the 2015 article by The Economist, “Best and Worst Place to Die,” Brazil is less than privileged. We are in 42nd place, and two criteria stand out: low per capita prescription of morphine for pain relief and the number of professionals working in Palliative Care, which are professionals prepared to CARE for the patient who lives with a life-threatening illness.

The inFINITO Movement aims to place Brazil among the top ten countries with the best quality of death in the world. And to do so, we work on different fronts promoting sincere conversations about living and dying. The documentary Many Days, Many Nights is instrumental to this process, as it poignantly invites us to this dialog and joins our movement to build a repertoire and opportunities for conversation on this subject that is fundamental to our lives.”

Tom Almeida
Founder

Plenae



Our habits directly impact the quality of life and longevity we hope for. Plenae's mission is to prepare people for a better life, starting at any stage. That is the truth that Geyze and Abilio, our founders, believe in, and so does our entire team. This is how this movie connects with our mission. It is yet another medium with the same goal. Tomorrow starts now, and the future only depends on you and your choices."

Ligia Korkes,
Director

São Joaquim Aging Support Association (Associação São Joaquim de Apoio à Maturidade)



The film sheds light on the issue of aging in our society. Aging is an achievement, an important phase of life. It is an essential part of each person's biography and, why not, a determining factor in the history of human presence on Earth. Sustainability and longevity are linked. It is time to think about the meaning of old age and value life. And also to take care of the emergency of guaranteeing dignity for all old age, effectively enforcing the rights of older people in Brazil.”

Lia Nasser Marques

Communicator at Associação São Joaquim de Apoio à Maturidade

Living without dead times

(...) No more lying in the fragrant hay or sliding in the deserted snow.

Where exactly do I find myself?

What surprises me is the impression that I have not aged, even though I am settled into old age.

Time is elusive.

For the time being, time has stopped for me.

For the time being.

But I do not ignore the threats that the future holds, just as I do not ignore that my past defines my openness to the future.

My past is the reference that projects me and that I must overcome.

Therefore, I owe to it my knowledge and my ignorance, my needs, my relationships, my culture, and my body.

Today, what space does my past leave for my freedom today? I am not its slave.

I always wanted to communicate the flavor of my life only in the most direct way. Simply the flavor of my life.

I believe I have succeeded in doing so.

I have lived in a world of men, keeping the best of my femininity within me.

I have not wished and do not wish for anything more than to live without dead times.

(...)

Excerpt from the play “Living without dead times,” inspired by the correspondence between Simone Beauvoir and Jean-Paul Sartre. Fernanda Montenegro first performed the play in 2012 and again in 2018.

Additional references (In Portuguese):

[Racial Inequalities in Aging - Cebrap Study](#)

[Guide to Combating Ageism](#)

[Multidisciplinary Outpatient Care Group for the Elderly](#)

[Aging in the 21st Century](#)

[50+ audience is the focus of digital content platform](#)

[Five tips for effective communication with those over 50](#)

[Getty Images launches collection against elderly stereotype](#)

[Influencers over 50 show that there is no age for reinventing yourself](#)

[Boticário has a project to turn women over 40 into influencers](#)

[Ageless Women](#)

[Elastic living is the life of sensation](#)

[The day my mother grew old](#)

[Cris Guerra's manifesto against Porta dos Fundos](#)

[Jorge Grimberg on Ageism](#)

[Consuelo Blocker's Instagram](#)

[SHEt was born from Camila Faus and Fê Guerreiro](#)

[#womenover45under60](#)

Digital platform promotes the selection of content, experiences, and benefits updated daily and tailored to the inclusion and visibility of an audience that has lived long enough to know that it deserves nothing less than the best.

50+ Digital Influencers

Márcia Tiburi welcomes historian and Master in Religious Sciences Vagner Marques and actress and singer Roberta Estrela D'Alva to talk about death and the finiteness of life. They analyze death through ethical, social, economic, and political aspects. And they reflect on the difficulty of contemporary society to experience the cycles and the time of things and deal with the finiteness of life.

Setsuko Saito is a senior model and proof that there is no right age for fashion

Silver economy: how are the new seniors consuming?

Geraldo Rufino's Instagram

Kantar report on the "Masters," an economically active audience, open to new technologies and ready to consume content, goods, and services

- Unlimited time: the value of experienced professionals like Tom Brady

- Elderly influencers shine during the pandemic

Grandma has sex too

Elderly, old, or risk group? The pandemic after 60

- Digital influencers must age

Covid robs Brazilians of two years of life expectancy

Nestlé bets on influencers over 50

What is ageism and how age discrimination impacts the lives of older people

We don't value caregivers because we don't value the people they care for

[Mórris Litvak and Andrea Tenuta \(Maturi\) - Podcast 50 Mais - #18](#)

How to encourage companies to hire employees over 50? Fábio Atui and Fernando Rocha talk to Mórris Litvak and Andrea Tenuta from Maturi, a company that helps mature people stay active in the labor market.

[Portugal bets on updating older professionals for the labor market](#)

[UN General Assembly declares 2021-2030 as Decade of Healthy Ageing](#)

[“Gerascophobia”, “old-euphoria”, and “old-autonomy”: the different ways of looking at aging](#)

[The revolution of old fools](#)

[Why does aging still disturb us so much?](#)

[Influencers rack up a million Instagram views with series on aging](#)

[Survey shows that age is the reason for one in four layoffs](#)

[Black longevity relative to whites worsens over 20 years in Brazil](#)

[Experts say seniors consume R \\$ 1,6 tri per year but are not yet the focus of brands](#)

Older people are taking over [WhatsApp, Instagram and Youtube](#)

[Youth culture is entering its flat-age future](#)

Books

[Longevity: how to prepare for a long and successful life - Clovis Dattoli](#)

[Ageless Body, Timeless Mind - Dr. Deepak Chopra](#)

[On the street - Eliane Brum](#)

[The Philosophy of Loyalty \(English Edition\) - Josiah Royce](#)

[Being Mortal: Medicine and What Matters in the End - Atul Gawande](#)

Articles, Podcasts, Documentaries, Films, and Social Media

Embaúba Photography Project: [@embaubaprojetofotografico](#)

“Sardinia” episode of Down to Earth (tv series - Netflix)

[On Old Age and Death](#)

English language resources

[ASHOKA's New Longevity Initiative](#)

Videos from PBS's Brief But Spectacular:

[Marc Freedman, CoGenerate](#)

[Emi Kyota, Ibasho](#)

[Ole Kassow, Cycling Without Age](#)

[DY Suharya, Alzheimer's Indonesia](#)

[Bill McKibben, Third Act](#)

[Age-Friendly Employer Pledge](#) Centre for Ageing Better (England) – a document to guide companies that are supporting the employability of people 50+.

[AARP and Economist Impact's report](#) with global ideas/solutions to promote healthy aging.

[Report from the McKinsey Health Institute with trends and crucial changes that should happen in the field of longevity.](#)

-
[Death Café](#)

[Podcast on "Backcasting"](#)

["I am coloring my hair just to stay relevant."](#)

[Blue Zones](#)

FILM CREDITS:

Produced by MARIA FARINHA FILMES

Idea by MARTA PIPPONZI

Edited by ANDRÉ FINOTTI

Adicional Editing KEILY J. ESTRADA,
NATARA NEY, MARIANA MORAES

Cinematography by VITOR AMATI

Original Soundtrack CONRADO GOYS

Executive Producers FLAVIA DORIA,
GEISA FRANÇA, MARIANA MECCHI,
TAÍS CAETANO

Produced by ANA LÚCIA VILLELA,
ESTELA RENNER, LUANA LOBO,
MARCOS NISTI, MARIANA OLIVA

Written and Directed by CACAU
RHODEN

Produced by:



Presented by:



Institutional sponsors:



Sponsored by:



With the support of:



Impact Network



Produced by



SUPPORT MATERIAL FOR THE DOCUMENTARY

MANY DAYS MANY NIGHTS



www.quantosdiasquantasnoites.com