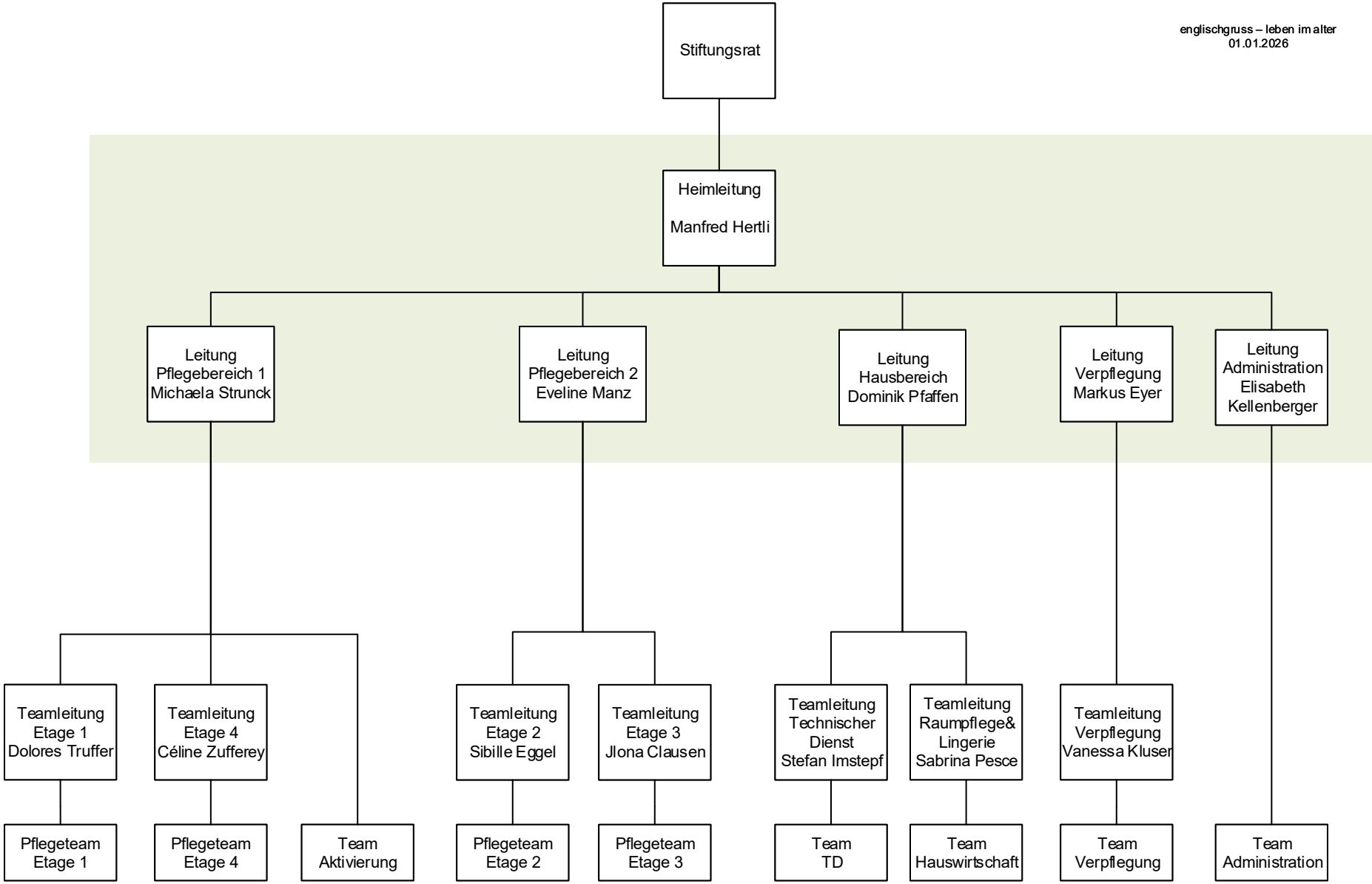englischgruss – leben im alter
01.01.2026