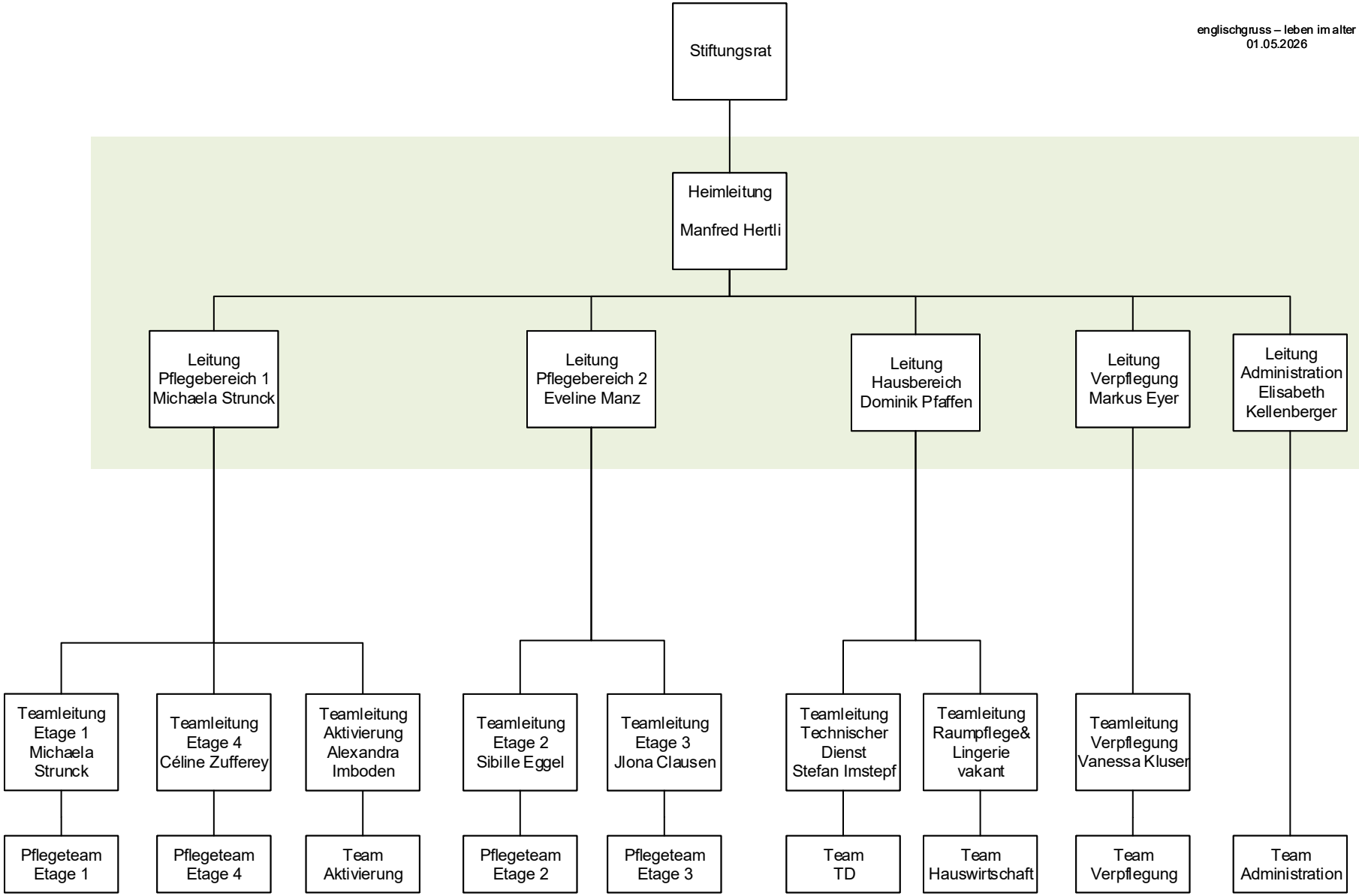englischgruss – leben im alter
01.05.2026