* Dear \_\_\_\_\_,  
    
  When I talked to you on the phone, I could tell by your voice that you are not feeling well. I am sorry that you got the flu, and I know how horrible it feels to be really sick like that. I am praying that you recover fully and quickly. Please let me know what I can do to help. I can bring you some soup, walk your dog, or anything else you need me to do. Let me know how I can help.  
    
  Sincerely,  
  (Your Signature)