Dear [Neighbor's Name],

I hope this message finds you well. I wanted to take a moment to express my heartfelt compassion for what you are going through. It's during challenging times that we truly need the support of those around us.

Please know that you are not alone. If there's anything I can do to assist you, whether it's running errands, providing a meal, or simply being a listening ear, I am here for you.

Warmest regards,

[Your Name]

[Your Address]

[Your Phone Number]