[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Date]
Dear JZM,

I hope this letter finds you in great spirits! I just wanted to drop you a quick note to check in and see how you've been doing. It's been a while since we last caught up, and I've been thinking about our last adventure together.

Things have been pretty busy on my end, but I've managed to [mention any recent events or activities you've been up to]. I'd love to hear what's new in your life! Have you picked up any new hobbies or had any exciting experiences?

Let's plan to get together soon. Maybe we can grab coffee or go for a walk in the park? I really miss our chats and would love to catch up face to face.

Take care of yourself, and write back when you have a chance! Best,

[Your Name]