

## FOD Email List Reminders

All messages can be posted by using the **FOD Main LIST ADDRESS** --

[FODsupport@googlegroups.com](mailto:FODsupport@googlegroups.com)

Add that to your address/contact books.

Most will be receiving/reading mail from their own mailboxes (aol, hotmail, etc) but if you want to **make changes to your preferences** or **Read the past messages** you will need to do that from the **Email List webpage**.

Please go to:

<http://groups.google.com/group/FODsupport>

and add your email address and password so you can change your List settings, email address, how you receive mail (each email, digest form, no mail etc).

Remember you will need to have a google account before you can sign up for any of our Lists (we also have 3 subGroups for various FODs, in addition to the MAIN List).

PLEASE save these links in your bookmarks/Favorites

Also be sure to check your spam files to see if anything is going there—you may have to change your spam filter and/or add our List address to be whitelisted by your server.

When you want to Reply to a past posting, you can choose how to respond to a message - to the entire List or to the individual author/sender.

**REMINDERS:** If you'd like to post to the List, please keep the following in mind **before you click SEND:**

- This List is for **FOD-related practical information and Emotional Support ONLY** – **ALL OFF TOPIC** comments, forwarded emails, recall notices etc and information are **NOT** to be sent to over the List. FOD-related topics may include subjects such as newborn screening, school issues, grief issues, getting meds/formula covered, dealing with professionals, etc. This is not an all-inclusive listing but I think you get the idea! **Make sure your TOPIC is posted in the 'Subject' area of your message and is consistent with what is in the 'Subject' area of the email message.**
- Please also **read the List etiquette rules on our website, right sidebar of the Join Our Email List page and on the homepage of each List.** If members choose not to follow these guidelines their messages will placed on hold until I post them or delete them. Members that choose to continually disregard the List rules will be removed from the List.
- **Please keep your comments succinct** – this is not the arena for telling one's entire life history or story. If one would like to submit a lengthy FOD-related story for

the newsletter that is fine – we are just asking that you don't divulge every single medical or life detail for all to read. This may be a private FOD List but we cannot guarantee that someone will not forward your email to another person. So please be succinct and discreet when posting.

- **Before you click SEND, make sure it's a message you want over 400 members to see** – if it's not then email those members you happen to network with DIRECTLY. **Some messages are meant for the entire List but some are meant to be private between INDIVIDUAL members.**

- If you respond to someone's previous message, **please copy and paste what you'd like to respond to. There is no need to repost their entire message.** Just copy and paste the comments you're referring to.

- **Sign EACH post with at least your 1<sup>st</sup> name, where you live, and which disorder(s) your Family is living with** so members will know how to address their response. If you'd like to add further info to your 'signature' please add that to your google 'My Profile.'

Take care...

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