

Personal Advocacy and Boundary Packet

Prepared by: D. Cowdrey

Representing: CowdreyFirm, Union of Saints, and D. Cowdrey

Date: October 12, 2025

Purpose

This packet outlines the personal, professional, health, spiritual, and legal boundaries of **D. Cowdrey** a **90% disabled veteran, legal professional, minister, law student, and therapist**. It is intended to protect her rights, health, and autonomy while ensuring respectful and safe interactions in residential, professional, and community environments.

1. Health and Environmental Boundaries

- No pesticide or chemical spraying near her residence or workspaces without explicit written consent.
 - Compliance with **ADA** and **EPA** protections for individuals with respiratory and allergic disabilities.
 - Environment must be kept free from toxic chemicals, including pyrethroids and high-histamine products.
 - Clean air and water are essential; disclosure required if contamination is present.
 - Temperature control must be maintained in living and working environments for health stability.
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2. Disabled Veteran and Medical Accommodations

- Reasonable accommodations under **ADA** and **FHA**: chemical-free environment, rest periods, service animals.
 - Respect for medical privacy and physician recommendations.
 - No intrusive questioning regarding disabilities, treatments, or health conditions.
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3. Spiritual and Ministerial Boundaries

- Faith practices as a **True Peacer, Santa Woman, and Interpath practitioner** must be respected.
 - No discussion or depiction of harming animals, meat consumption, or factory farming unless consented to.
 - Protection from spiritual manipulation, emotional abuse, or ridicule of belief systems.
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4. Professional and Educational Boundaries

- Protection of study time, work hours, and professional duties.
 - Absolute client confidentiality in therapy and legal practice.
 - No recording, filming, or surveillance without written consent.
 - Respect for intellectual property, coursework, and ministerial responsibilities.
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5. Safety and Conduct Standards

- No illegal drug use or discussion of drugs in her presence.
 - No excessive alcohol consumption near her.
 - No bullying, emotional abuse, political coercion, or spiritual manipulation.
 - Respect for political moderation and independence.
 - No smear campaigns, rumor spreading, or defamation.
 - Financial integrity and property respect: no unauthorized charges, fees, or access.
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6. Food and Health Preferences

- Plant-based diet strictly observed; no meat, dairy, or animal products without consent.
 - Avoid high-histamine foods to prevent allergic reactions or hospitalizations.
 - Shared meals or food events must respect dietary restrictions.
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7. Labor and Volunteer Boundaries

- Volunteering or labor must not be exploited.

- Excessive or unpaid labor beyond clear agreements is prohibited.
 - Gratitude and mutual respect expected in all acts of service.
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8. Privacy and Security

- All camera use, photography, or recording must have written consent.
 - Unauthorized surveillance or voyeurism constitutes a federal violation.
 - Personal property must be respected; theft or tampering will be legally pursued.
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9. Relational and Communication Guidelines

- Communication must be kind, respectful, and sincere.
 - Private topics (finance, relationships, housing) must not be discussed without consent.
 - Respect for rest and recovery periods is required to support mental health and disabilities.
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10. Advocacy Statement

D. Cowdrey advocates for peaceful, lawful, and respectful interactions. She extends compassion but asserts her right to **autonomy, safety, and dignity**. Violations of these boundaries will be met with legal and administrative recourse, including contact with authorities and regulatory agencies.

Legal Reference Addendum

1. Disability and Health Protections

Americans with Disabilities Act (ADA), 42 U.S.C. §12101 et seq.

- Prohibits discrimination against individuals with disabilities in public accommodations, employment, and housing.
- Ensures reasonable accommodations for documented health conditions, including chemical sensitivities.

Fair Housing Act (FHA), 42 U.S.C. §3601 et seq.

- Protects residents from discrimination based on disability.
- Requires reasonable accommodation to prevent exposure to harmful chemicals.

Veterans Affairs Protections, 38 U.S.C. §2021 et seq.

- Ensures disabled veterans receive accommodations consistent with federal law.
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2. Environmental and Chemical Safety

Federal Insecticide, Fungicide, and Rodenticide Act (FIFRA), 7 U.S.C. §136 et seq.

- Regulates pesticide application; prohibits unsafe use that exposes individuals without consent.

EPA Regulations

- Sets safety limits for human and wildlife chemical exposure.

OSHA, 29 U.S.C. §651 et seq.

- Ensures safe working environments and protection from chemical hazards.
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3. Privacy and Consent

HIPAA, 42 U.S.C. §1320d

- Protects privacy of medical information.

Federal Privacy Laws, 18 U.S.C. §2510 et seq.

- Prohibit unauthorized recording or surveillance; violations are federal offenses.
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4. Anti-Discrimination and Workplace Protections

Title VII of the Civil Rights Act, 42 U.S.C. §2000e et seq.

- Protects against discrimination based on religion, gender, or other protected classes.
- Ensures respect for spiritual practice and workplace accommodations.

State Anti-Discrimination Laws

- Mirror federal protections for disability, religion, and housing.
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5. Consumer and Financial Protections

Uniform Commercial Code (UCC)

- Protects ownership and financial boundaries.

Federal Theft, Fraud, and Misappropriation Laws

- Protect against unauthorized use or taking of property.
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6. Advocacy and Legal Recourse

- Violations can be reported to HUD, EPA, DOJ, local law enforcement, or legal counsel for civil remedies, injunctions, or damages.
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Signature

D. Cowdrey

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Date: October 12, 2025

Contact: (904) 846-2300

Thank you for your respectful attention to these matters.

Please sign:

Your name:

Date:

Contact: