

A LETTER FROM OUR FOUNDERS ...

"It's not what happens to you, but how you react that matters." - EPICTETUS

2020 is not yet over and it has already been a year! But, as the Greek philosopher aptly noted, how you deal with adversity determines your outcome.

No Limits Cafe has faced adversity this year – our very first year of operation – but, instead of being defeated, we reacted as our employees do every day... we persevered with optimism and joy.

Regardless of the hardships or frustrations that our employees face, they show

up to work at No Limits Cafe every day motivated, full of smiles, and ready to serve our customers. We stayed strong during these challenging times to fulfill our responsibility to these wonderful adults with intellectual disabilities.

Thank you for helping us keep No Limits Cafe open and for keeping our daily "dance party" going strong!



With Gratitude,

Stephanie and Mark Cartier, Founders

OUR YEAR IN REVIEW 2020



VOLUNTEER SPOTLIGHT - Lori Seggio

Lori came to No Limits Cafe to volunteer in February during the soft opening. She heard about No Limits Cafe from her friend, Laura who happens to be our employee Amanda's Mom.

Lucky for us, Lori is with us 4-5 days/week and is a "Jack of all trades." She can prep, she can cook, and she can wash dishes; she simply goes wherever she is needed.

When asked what she likes most about volunteering at No Limits Cafe, Lori explains that she gets most excited about teaching – and learning from – the employees. One day, someone will suddenly be able to use a knife properly. Another day, someone else will learn the position of the silverware on the table. And yet another day, one of the employees will teach her how to make one of the new dishes.



➤ Lori, ready to work, as always!

Recently it was her birthday and she was overwhelmed with emotion when the whole staff sang "Happy Birthday" to her and presented her with videos that they had made to wish her well. Shortly after that, she was away for a week and when she returned, the employees all told her how much they loved and missed her. And she felt exactly the same!

***"THIS IS THE PERFECT PLACE FOR ME -
I LOVE PEOPLE, I LOVE LEARNING,
AND I LOVE COOKING. COME
VOLUNTEER WITH ME AND JOIN OUR DAILY
DANCE PARTY."***

- LORI SEGGIO

**Did
You
Know?**

\$77

*Cost to sponsor one
employee for one
day of work*

33

*Adults with intellectual
disabilities employed at No
Limits Cafe*

100%

*No Limits Cafe employees
are paid minimum wage
or above*

STAFF NEWS

"We are thrilled to announce the promotion of Hayley Lawrence to Assistant Front of House Manager at No Limits Cafe. Hayley has mastered many roles within the restaurant. She is not only hardworking and dedicated to her job, but she has an enthusiastic spirit that can brighten anyone's day."



Most importantly, Hayley is always there to encourage and lend a hand to her fellow employees if they are in need of support.

We are excited to have Hayley be the first of many No Limits Cafe employees to be promoted. Please join us in congratulating Hayley Lawrence as she takes on her new role as Assistant Front of House Manager."

-Alexandra Sciortino,
Front of House Manager

LIVE FROM

In March, when the world was shutting down, we quickly realized that the 2nd Annual Golf Outing that we had planned for early June was probably not going to take place. No Limits Cafe was closed and we needed to raise some much needed funds to re-train our staff and re-stock the Cafe, once we were able to reopen. We were also motivated by trying to create a little fun for people during a pretty dark time.

So, we pivoted away from an in-person Golf Outing to a virtual event held on Zoom. Over 300 attendees who dined on platters from the Cheese Cave and Antionette Boulangerie and sipped wines from Nicholas Wines, were entertained with amazing live music by Quincy Mumford, and hysterical comedy by Mike Reisman.

"I was so touched and having the employees and volunteers speak was the best part of the program – really such a great community event. Congrats!" - Diana F

MEET OUR TEAM

Chef Kali is a 39-year-old husband and father of 3 little children. He was born and raised in Costa Rica and went to culinary school at the age of 18. After graduation, he came to the US in pursuit of a culinary career. He has worked in fine dining restaurants, hotels, bars, dives, and even spent 1 day working at McDonald's!

Chef Kali's loves how much the kitchen crew appreciates their work and is always excited to see his coworkers start and finish tasks on their own. He has witnessed huge growth and progress in every single employee.

The very favorite part of his daily shift at the Cafe is having a family meal. Everyone sits down together, has a meal, and gets to know one another a little more each day. "We truly are a family at No Limits Cafe", said Chef Kali.



Chef Kali (R) prepping for lunch service with Tommy

Every 15 minutes, we gave away gift certificates to local area restaurants, we

Volunteer with Us



We have Volunteer Opportunities!

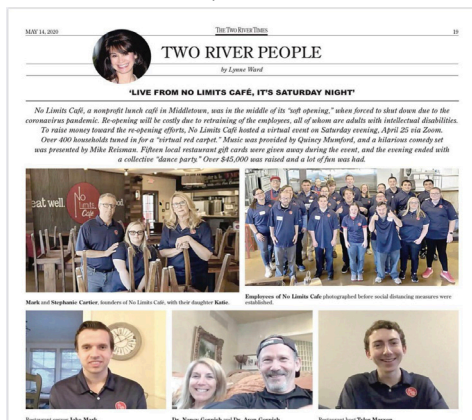
Visit us at:
www.nolimitscafe.org/volunteer

"Working at No Limits Cafe has been a life-changing experience as I work with kind, good-hearted, and loving people. I also get to experience the selflessness of all of our volunteers daily." – Chef Kali

NO LIMITS CAFE ... IT'S SATURDAY NIGHT!

heard from the Cafe's employees and their parents, and, of course from Stephanie, Mark and Katie Cartier!

Our fundraising goal to support 100 employees for 1 day's work (\$7,700) was exceeded almost 6-fold. We truly have the most amazing supporters that show up each time we ask. And, a most special shout-out goes to our Zoom Master, Frank Iavarnaro!!



"Fantastic job, fantastic cause. We can't wait to go there. Not only have you impacted these kids' lives, but it's immeasurable how you touched the parents" - Tom P.

EMPLOYEE SPOTLIGHT

In September of 2020, No Limits Cafe Manager, Alexandra Sciortino, received a text from Rawda Shata that said the following:

"Hi Alexandra. Just wanted to let you know that around this time a year ago, me and my older sister were preparing my resume for No Limits. A year later and I feel really happy and grateful that you guys chose to hire me."

Rawda definitely loves her job!

Rawda works at No Limits Cafe as a Hostess, and often helps the wait-staff bring out food, when she has time. She would like to learn how to work in the kitchen someday – and, anything is possible! Rawda looks forward to coming to work every day because it is such a positive environment, and seeing everyone happy makes her happy. Rawda says, "People should eat at No Limits Cafe so they can be motivated to stay happy and be served by the by the happy employees that serve them!"



Rawda...ready with a smile! ➔

THANK YOU

BRIAN BOTT!

In April, we were contacted by Brian Bott of Aspire Fitness in Colts Neck. Brian wanted to do a 100k solo indoor fitness challenge and raise money for a local non-profit. We did not know Brian, and he did not know us, but he was advised by several of his friends and Aspire Fitness members to choose No Limits Cafe as the beneficiary of this heroic feat.

Brian decided to combat quarantine boredom by completing a total of 100 kilometers broken up evenly between the Ski Erg, the Rowing machine, the Stationary Bike, and the Treadmill. His goal was to raise \$5,000 for No Limits Cafe, but Brian proved to be as good of a fundraiser as he is an athlete and raised just under \$8,000!!!! And, this Herculean effort took him 9 hours!!!

Suffice to say that there are SO many good people in the world, and Brian Bott leads the pack! Thank you, Brian!!!

Hungry?



SCAN ME

Order from No Limits Cafe at:

www.clover.com/online-ordering/no-limits-cafe-red-bank

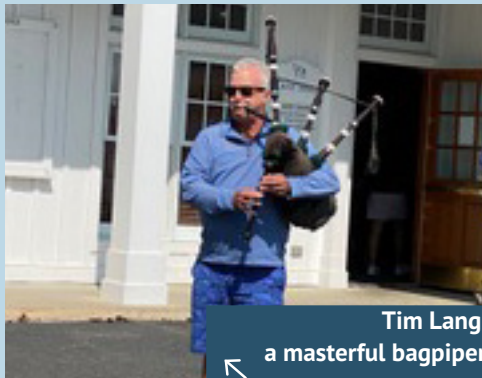
We are open for Take Out, Outdoor and Indoor Dining. Call for FREE LOCAL DELIVERY!

2ND ANNUAL **PLAY WELL. DO GOOD. GOLF OUTING**

Postponed, but better than ever!

Because of the pandemic, the 2nd Annual Golf Outing was held on September 21, 2020 (instead of the original date of June 8, 2020), but we could not be more grateful for the outcome. Rumson Country Club made seamless modifications to accommodate our guests and was the perfect host for our sold out event.

The weather was beautiful, the golf course was in the best shape of the season, the new Chef produced delicious meals, our volunteers and employees were amazing, and our guests were gracious and generous.



Tim Lang -
a masterful bagpiper!

Aside from some great golf, the highlight of the event was the dinner program, kicked-off by a No Limits Cafe signature "dance party" led by our employees. Then, our very first promotion was announced when Hayley was promoted to Assistant Manager and handed her new business cards by Manager, Alexandra Sciortino. As with every No Limits Cafe event, many attendees went home with awesome door prizes, and one lucky guest won the BIG 50/50!

Once again, we were touched to the core by the generosity of our supporters, and are thankful that we were able to have a safe, in-person event in order to sustain the Cafe's daily operations.

CONTACT US!

ADDRESS:

No Limits Cafe
418 Route 35
Red Bank, New Jersey 07701

PHONE: (732) 268-7471

WEB: www.nolimitscafe.org

No Limits Cafe was chosen
BEST Charitable Organization
for 2020 by the readers of the
Asbury Park Press and app.com



Some of our Staff from
No Limits Cafe!

Donate Today!



www.nolimitscafe.org/donate-2/

4 Our mission is to EMPOWER adults with intellectual disabilities by providing jobs and job training to help them lead fulfilling lives within our community and to increase awareness of their potential.