

A LETTER FROM OUR FOUNDERS ...

"In spite of our differences, we all dance to the same beat." – Anonymous

2021 continues to challenge us in many ways, but we keep persevering - and we keep dancing!

We have an all staff "dance party" every day before lunch service begins at No Limits Cafe. We don't just do that for fun, however. Dancing represents community, it represents inclusion, and it represents acceptance. It represents equality.

We are all the same while dancing and we are all the same at No Limits Cafe. Every minute of every day.

We invite each and every one of you to join us for a meal to experience the pure joy that is a room full of adults with intellectual disabilities that are all eager to welcome you – and to serve you!

With Gratitude,

Stephanie and Mark Cartier, Founders



NEWSLETTER SUMMER 2021



VOLUNTEER SPOTLIGHT - Tammi Stanziale

Having worked at a summer camp for children with physical and intellectual disabilities for over 30 years, Tammi adores and is very familiar with the community of adults with intellectual disabilities. "There is so much love at No Limits Cafe. The employees treat each other with so much respect and kindness. They help one another, they thank one another, they are appreciative of one another, and they are most appreciative of the opportunity to work. This place is full of joy and I feel honored to be here," says Tammi.

The famous No Limits Cafe "hot chocolate bombs" of the past winter were actually Tammi's idea. Her daughter found them on Tik Tok and they tried them at home and brought them to the Cafe. Everyone loved them, so they decided to make and sell them. There were, literally, lines



of people waiting outside to come get their hot chocolate bombs all winter. Even in the freezing cold! This success had the triple effect of teaching the employees a new skill, generating revenue, and introducing new people to No Limits Cafe. Over 6,000 hot chocolate bombs were sold!

Tammi spends two days a week at No Limits Cafe and is so grateful for what she has learned from the adults with intellectual disabilities that she has worked with. They have lifted her up and they have taught her to slow down and how to more fully experience and enjoy each moment. She definitely enjoys every moment she spends at No Limits Cafe!

"There is so much love at No Limits Cafe"
– Tammy Stanziale

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.

STAFF NEWS

In the past couple of months, 3 of our employees have left No Limits Cafe to take other jobs in the community. Now, your first reaction might be to ask why, however this is exactly why No Limits Cafe was founded!!!

The life – and other – skills that our employees learn while working with us, enable them to expand their horizons and take on more and different responsibilities.

We are excited for these 3 former employees and we know that they will continue to show the community all that adults with intellectual disabilities can achieve!



➔ One of our dance parties!

MEET OUR TEAM

The mission of No Limits Cafe is so unique and so wonderful, that Ilene Winters was innately drawn to it. Having known Stephanie Cartier from two previous non-profits she ran, Ilene read about the start-up in a local paper and immediately reached out to Stephanie. At the time, Stephanie and Mark were looking to raise money and awareness for their plans to open the Cafe in Red Bank. In October of 2018, Ilene, along with a mutual friend, Michele Olton, offered to organize a fundraiser at Tim McLoone's Supper Club in Asbury Park, which was an enormous success.

Shortly thereafter, Ilene proposed herself for part-time Director of Development and Stephanie and Mark agreed that this would be a perfect match! Ilene has been a non-profit fundraiser for over 30 years, and a non-profit professional since leaving a 20-year Wall Street career in 2002.

↘ Ilene at our 3rd Annual Golf Tournament!



"Fundraising is not an easy job, however the love that people have for both Stephanie and Mark AND for the mission of No Limits Cafe, make being their Director of Development as joyful as a meal at the Cafe" – Ilene Winters, Director of Development

HELP FOR

When Covid hit, we had been open and functioning as a lunch Cafe employing 34 adults with intellectual disabilities for only 2.5 weeks. After closing and re-opening, we had to find creative ways to keep our employees working because we could not provide indoor dining and had very limited outdoor dining. We started our own program of making meals for members of our community affected by food insecurity, **Help for Hunger**. This has enabled us to keep our employees working, actually increased our work force slightly, and has taught our employees additional valuable work-related skills and important life lessons that will help them with current and future employment. Additionally, for most of their lives, people were helping them. Now, they are helping others!

Volunteer with Us



We have Volunteer Opportunities!

Visit us at:
www.nolimitscafe.org/volunteer

She started and ran her own non-profit, The Cancer Support Community in Eatontown, helped to co-found Sea Bright Rising, and has worked for the Diabetes Foundation, Inc, The Boys & Girls Clubs of Monmouth County, and is currently a Consultant for SobelBixel Consultants for Non-Profits.

HUNGER 2021

At the current pace, **Help for Hunger** will serve over 15,000 lunches by the end of this year, which enables us to continue to serve others in line with our motto, "eat well. do good!"

If you would like to help us keep our employees working, while giving back to our community, you can support **Help for Hunger** in the enclosed envelope or online at www.nolimitscafe.org/news21.



Donate Today!



All hands on deck for
Help for Hunger!

EMPLOYEE SPOTLIGHT

"Everyone should come to No Limits Cafe to see people with learning disabilities all performing their roles to the best of their abilities" – Matt Berkowitz

Matt has been working at No Limits Cafe for about a year and loves his job and the people he works with. Unlike most of the other No Limits Cafe employees, this is not Matt's first job, but it is his favorite job. He knows most of the other employees from previous experiences and enjoys the cooperative environment and the camaraderie at the Cafe. He loves coming to work every day and seeing people that he knows eating in the Cafe.

Matt usually does kitchen prep work, but helps out in other areas when the Cafe gets busy. He is typically found working the meat slicer, is a self-starter and is always looking to learn new skills. He brings great energy every day and the progress he has made since joining No Limits Cafe is evident to all. His long-term goal is to one day be an Assistant Manager. Live your dreams, Matt.



Matt ready to take
on his day!

3 The sky is the "limit" at No Limits Cafe!

COMMUNITY CONTRIBUTIONS!

Kevin Carmody, BSA Troop 47, did his Eagle Scout project for No Limits Cafe. Not only did he make and install 2 raised garden beds, but he also created a composting station for the No Limits Cafe kitchen. Two AWESOME members of the local area, Gayle Stamer and Laura Deykerhoff, came by to help the kitchen staff learn about proper composting. Kevin raised an additional \$5,000, which he donated to the Cafe as part of his project.

THANK YOU, Kevin, and THANK YOU OASIS tlc for donating the garden's herbs and veggies!

Ms. Jennings Special Education Class at Bayview Elementary School chose No Limits Cafe as the beneficiary for the coffee donations at the school. The teachers at Bayview Elementary donate when they grab a cup of coffee at the "Bayview Heroes Cafe" and No Limits Cafe receives these donations.

THANK YOU to Ms. Jennings & her class and the Bayview Heroes Cafe!

Hungry?



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!

3RD ANNUAL **PLAY WELL. DO GOOD.** GOLF OUTING

This year, the golf outing sold out in 48 hours, with a record number of golfers, sponsors and an additional 115 dinner guests. The predicted rain held off (until after dinner!), so the golfers had an exceptional day at Rumson Country Club.

There were so many notable moments from the evening program, like the signature “dance party”, the employee introductions, and a recognition of regular volunteers, but most significant was hearing from David Berkowitz, father of No Limits Cafe employee Matt Berkowitz. David talked about the impact that the Cafe has had on the community of adults with intellectual disabilities, as well as on Matt and on the entire Berkowitz family. (Coincidentally, Matt is highlighted in another article in this Newsletter!) David further shared the pride and joy he has in



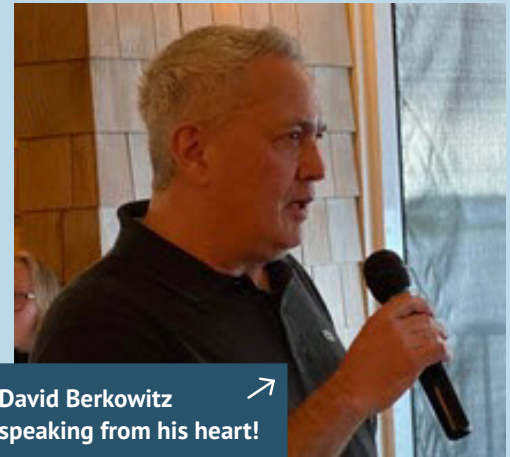
↖ The winners of the 2021 No Limits Cup



↖ Headed to the next green on the course!

seeing his son take responsibility for his work at the Cafe and is sure that many other parents feel the same.

No Limits Cafe events never miss the opportunity to showcase the mission to increase the employment rate of adults with intellectual disabilities and to show us all what this community is capable of!



↗ David Berkowitz speaking from his heart!

A special shout out to all the volunteers who helped make the 3rd Annual **PLAY WELL. DO GOOD. Golf Outing an amazing success!**

Return Address:
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