

A LETTER FROM OUR FOUNDERS ...

*"Do not go where the path may lead; go instead where there is no path and leave a trail."
- Ralph Waldo Emerson*

Every entrepreneurial endeavor has its distinct ups and downs. Some days, you are lighting the world on fire, and other days you are being engulfed by flames. Non-profit ventures have way more ups than downs, because the product is not a tangible item - it is "doing good." Just like our tag line, **"EAT WELL, DO GOOD."**

When we hit a bump in the road, we are often reminded of the path we are paving for adults with intellectual disabilities and for their families. Our goal is to provide the confidence in adults with intellectual disabilities to believe that they CAN do anything, and the leap of faith for potential employers to give this community a chance.

We are not the first business to offer employment exclusively to adults with intellectual disabilities and our hope is that there will be many, many others behind us to successfully navigate the path we are forging. **Together, we will change the employment outlook for adults with intellectual disabilities, one employee at a time.**

With Gratitude -
Mark and Stephanie Cartier, Founders



Year End Newsletter 2021



VOLUNTEER SPOTLIGHT

Lisa Loshiavo

↘ Lisa (middle) with her team!



Lisa was introduced to the community of adults with intellectual disabilities at a young age; she has a cousin with an intellectual disability. She and her daughters, now 27 and 23, have held various local volunteer positions with children and adults with intellectual disabilities. So, when Lisa read the article about No Limits Cafe coming to Middletown she reached out to Stephanie about a volunteer position.

Since the Cafe opened, Lisa has been the Thursday "Front of House Manager." *"Thursday is my favorite day of the week. I wake up each Monday and cannot wait until Thursday to spend the day at No Limits Cafe with my team,"* said Lisa.

According to Lisa, the best thing about the Cafe is the happiness of the employees. They are excited to be there, to be working and to be serving customers. Every employee genuinely wants to help their fellow employee, and there is a real sense of friendship, comradery and positivity. It is a true family-like environment.

We are grateful for you, Lisa and we thank you for your selfless service!

"If you want a great lunch served by incredibly awesome people, come to No Limits Cafe in Middletown!" - Lisa Loshiavo

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.

RUN WITH

On Saturday, October 16, 2021, No Limits Cafe gathered 200 runners at Thompson Park in Lincroft for the **1st Annual RUN WITH NO LIMITS**. Runners chose between a 5k distance (3.1 miles) or a Half Marathon distance (13.1 miles) on paved paths throughout the scenic county park.

Participants ranged in age from 8 to 75 years and walked, ran, pushed strollers, or participated together like Dave and Blake Ferrell (see photo). Very special shout-outs go to Team Stonefitt, Team Mark Family, Team Data Group Central, and to Cafe employees/runners Katie Cartier, Claire DiGiorgio, Blake Ferrell, Hayley Lawrence, Jake Mark, and Allie Rech. **And**, an enormous thanks to our amazing fundraisers/runners that helped us make our inaugural run such a success.



VOLUNTEER WITH US



SCAN ME

MEET THE STAFF Alexandra Sciortino

Alexandra is much more than an employee; she is family. She has been a friend to the Cartier family before she became an on and off companion for their daughter, Katie, in 2015. While spending time with Katie, Alexandra fell in love with the community of adults with intellectual disabilities and wanted to work in this community after college. As an International Hospitality major, she knew she wanted to work in the restaurant business, but how to marry these two passions? NO LIMITS CAFE!

Alexandra describes the Cafe as the “happiest place on earth” for many reasons. She says, “everyone is accepted and included, no matter what, and always interested in helping each other and in building each other up.” When she isn’t at work, she thinks about the staff of 34 and wonders what advances they are making when she is not there to witness them!

Alexandra thinks that all businesses could benefit from employing adults with intellectual disabilities as they bring joy to everyone, they work harder than most, they are warm and inviting and have a strong desire to please others, and they are the most genuine group of people you will ever meet.



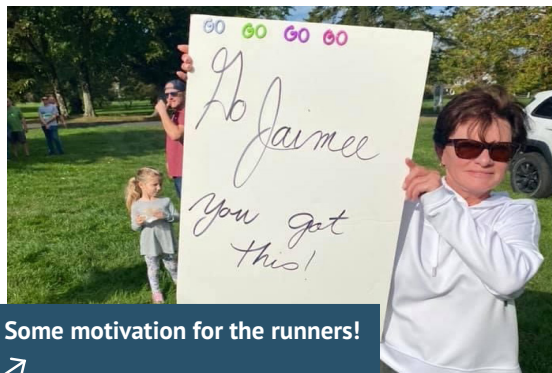
↗ Alexandra posing before her shift!



NO LIMITS

"What an amazing day. We had so many wonderful volunteers, including 13 Cafe employees that manned the water stations, handed out finisher medals, and worked registration. Supporters ran side by side with Cafe employees – just a terrific, inclusive event!", said Mark Cartier, Co-Founder of No Limits Cafe.

Stay tuned for a bigger and even better **RUN WITH NO LIMITS** in 2022!



Some motivation for the runners!

DONATE TODAY



SCAN ME

NO LIMITS CAFE EMPLOYEES STAY FIT

"Regular physical activity is vital for adult individuals with intellectual disabilities. Physical activity positively affects balance, muscle strength, and quality of life in individuals with intellectual disabilities."

– American Journal on Intellectual and Developmental Disabilities

This message has been received by many of the employees at No Limits Cafe. Both Kevin Higgins of Stonefitt (Middletown) and Zack Ritchie of ZR Fit (Red Bank) are helping No Limits Cafe employees get and stay fit. Kevin reports a huge increase in conditioning in his clients, and trained and ran with several during the October 2021 Run With No Limits. Zack described an almost doubling in strength numbers, as well as increased confidence levels from the employees that he trains.

Working at No Limits Cafe is physically demanding – our employees stand and move around all day. THANK YOU, Kevin and Zack, for helping to keep our employees physically fit!

EMPLOYEE SPOTLIGHT

Claire DiGiorgio

"No Limits Cafe is truly a gift. It is a gift to Claire and the other employees, it is a gift to our family, and it is a gift to the community. I am forever grateful to the Cartier Family." – **Valerie DiGiorgio, Claire's Mom**

Like most employees at No Limits Cafe, Claire absolutely loves coming to work and she loves her job. On Fridays, she is a server, and on Mondays and Thursdays, you will find her at the dishwashing station. Claire has had several jobs, but no Limits Cafe is her first job with a paycheck, and she is very proud of that.

People that know Claire well describe her as a beautiful young lady with a big heart and an infectious personality. Her goal each day is to put a smile on the faces of those she interacts with. And, she typically succeeds!

Valerie says that Claire has matured so much during her almost 2 years at the Cafe and that "she takes her responsibility very seriously and has a new-found confidence" as a result of her employment.

Claire wants you all to come visit the Cafe as it is "very nice inside AND we have hot chocolate bombs." Being the Cafe's resident social media influencer, she adds "follow us on Facebook and Instagram." We concur, Claire.



Claire and her mom, Valerie, celebrating Claire's birthday in the Cafe!

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!

HOST YOUR EVENT AT NO LIMITS CAFE



In the past, we have served lunch 7 days a week, from 11:00 am until 3:00 pm. However, we are now closed to the public each Sunday in order to host **YOUR** special events. We have had weddings, baby showers, wedding showers, and birthday luncheons. Any event you are celebrating, we will help make special!

Additionally, since we close at 3:00 pm every day, we can accommodate special dinners on any evening – for any occasion!

Email us today at nolimitscafeevents@gmail.com to discuss holding your special event at No Limits Cafe!

WHEN NOT AT WORK... **Conor Wright**

Our employees are busy when they are not at work at No Limits Cafe. We thought we would give you a glimpse of what they are up to with this new installment.

When Conor Wright is not at work, or watching his beloved Green Bay Packers play football, you can find him raking leaves or cutting lawns at home or for one of his customers. Last year, Conor saved his money and went to Jersey Shore Equipment to purchase a ride-on mower. They contacted the John Deere company, who agreed to sell to Conor the mower for \$1 over cost. Now, instead of pushing the mower, you will find Conor riding and helping to keep his community looking great!



Connor hard at work with his John Deere ride-on mower

Return Address:

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