

A NOTE FROM OUR FOUNDERS ...

We often hear, "The days are long, but the years are short." 2022 is proving it. With Covid hopefully in the rear-view mirror, each day is busy in its own way, and here we are at the end of July to August. The 4th annual golf outing was a huge success, and we are extremely grateful to all who participated and donated to the cause. The cafe is getting busier and the employees are flourishing. As busy as we've been, there's a lot more coming!

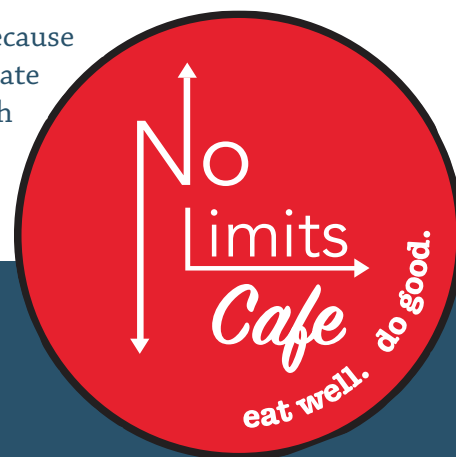
When we opened the cafe, we set out to create meaningful change in the lives of adults with intellectual disabilities. This meant jobs and training, not just at the cafe but in the community at large. Later this year we are starting our training program to facilitate employment for this underserved population. The interest that has come to us from local businesses has been unbelievable. We're on to something here, and it's becoming more of a community movement by the day.

The work that we started is successful because of so many. It is successful because of the amazing men and women who work at No Limits Cafe. Those who donate their time, talents and treasures are all part of this great story. Although the year is flying by, we are grateful for each day and for each of you.

With Gratitude - Mark and Stephanie Cartier, Founders



Mark & Stephanie Cartier



Summer 2022 NEWSLETTER

VOLUNTEER SPOTLIGHT:

Maureen & Michael Staub

Maureen and Michael Staub have lived in Colts Neck for over 40 years where they raised their two sons. They were introduced to the No Limits Cafe through Christian Brothers Academy where they met the Cartier's. In 2019 they sold their successful Avis and Budget business and they were ready to "give back". NLC was a perfect fit. Michael stated that he was asked to help clean up one afternoon at NLC and

he's never looked back! Maureen is a cookie extraordinaire and she shadows the employees in assembling and making those cookies, soups and various menu delectables. She's an "extra set of eyes" so the employees are on pace with the back of house tasks. They recalled the challenges of covid and how they worked through it by coming in two days a week along with the employees - preparing meals to alleviate the needs in the community. In addition, Michael volunteers every Friday at the Middletown Community Gardens at Stevenson Park, working on the No Limits Cafe garden beds where they grow everything from jalapenos to tomatoes. Thank you Maureen and Michael. Favorite food at NLC: Hot Chocolate bombs!



OUR MISSION

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.



NO LIMITS CAFE HAS A PUBLISHED AUTHOR!

David Manfre is a Freehold resident and works two days a week at No Limits Cafe as a server. He said "It's nothing I've ever done." He enjoys the customers and work friends. David is also a (traditionally) published short story writer. His works can be found in "30 Shades of Dead" and "The Quarantales." His writing genre is crime fiction. Bravo David! Looking forward to your next publication.

No Limits Cafe was featured on PBS NJ "Table for All" with Buki Elegbede. Go to the link and learn more www.pbs.org/video/table-for-all-fishing-moms-people-with-disabilities-zst7gf/

Employees Katie Cartier and Hayley Lawrence have flown the coop! They have joined the Chick-fil-A Hazlet team and are currently in training. They will continue to work at No Limits Cafe as well! Good luck!

You can host a private event at No Limits Cafe.

Email nolimitscafeevents@gmail.com and we will get back to you!

**VOLUNTEER
WITH US**



SCAN ME

ON THE GREEN:

On June 13th we held our 4th Annual golf event at Rumson Country Club. A full field of golfers enjoyed a picture perfect day followed by an amazing dinner at the River House. Our employees were on hand to serve hors d'oeuvres and pull the winning raffles for our guests. Of course we kicked things off with our dance party. Our guest speaker and No Limits Cafe employee Matt Weikert captured our audience with his wit, humor and heart.

Thank you Matt, well done!



UPCOMING EVENTS

Register for our
**2nd Annual Run
with No Limits**

5K & half marathon

Thompson Park, Lincroft NJ

Saturday, October 15, 2022

www.raceforum.com/nolimits

Sponsorships still available

[www.nolimitscafe.org/
events/2ndrun/](http://www.nolimitscafe.org/events/2ndrun/)

Follow us on Social Media for future events.



Board member Pat Wotton with employee Rawda & Amazon staff with Annual Golf donation!

EMPLOYEE SPOTLIGHT - TJ Geant

TJ is a 35 year old man who is a Middletown High School graduate and a huge Yankee fan. TJ is a dedicated employee who started in February of 2020 at No Limits Cafe. He began as a dishwasher and now has moved into the prep area. He has developed incredible knife skills, preparing items such as our tomato soup.



He has made many new friends at the cafe, such as co-worker Jake, and Mark who is his boss. In his spare time he enjoys action and flash movies like the Avengers.

Favorite food at NLC is the buffalo chicken salad. His goal is to get a Middletown High School South tattoo.

Chef Kali said... *"TJ has come a long way. He does a lot on his own. He brings so much to NLC: he's courteous, funny and his smile brightens the room. TJ has made huge leaps and now he mentors others too!" Thank you TJ we're lucky to have you.*



MEET THE STAFF - Ryan Cartier

Ryan is a Lincroft resident, a graduate of Christian Brothers Academy and went on to earn a degree in Special Education and History from College of Charleston.

In July of 2020 with the pandemic in full swing he stepped in at NLC and began delivering meals to local residents and agencies. Founders and Ryan's parents Stephanie and Mark Cartier offered Ryan a full-time position as restaurant manager. In addition to managing the front of house, other responsibilities include scheduling, food ordering and most importantly, teaching our employees to be the best versions of themselves.

In his down time Ryan enjoys attending concerts - Jam band genre and playing X-Box!

Favorite food item at NLC: no question the PJC Turkey sandwich...

Ryan notes working at NLC has been very rewarding. I enjoy watching the employees grow and socialize, shattering the low expectation of individuals with intellectual disabilities.

How's working with your family? - "Lots of fun!"



Special Thanks!

**Arbor Terrace
for clothing drive**



**Our new Director of Development
Josephine Guttadauro
working the VFW concert!**



**FALL
TRAINING
PROGRAM**

*headed by
Alexandra
Sciortino*

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.

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LOCAL DELIVERY!

A community that rocks together, gives together...

and that's what happened on June 6th at the Middletown VFW. Thanks to Steve DeVito and his band mates Steve Reilly & Christopher Russo. There were over 300 in attendance. In addition to the amazing music that had everyone up and dancing, there were gift auction baskets generously donated by community businesses. The evening was MC'd by Jamiee Denaro from WBJB 90.5FM. Guests were treated to a special performance by The Daly Irish Dance School. No Limits Cafe employees prepared food on site and served delicious items such as our popular smash burgers, chili, various wraps and an assortment of desserts. We are so grateful for Steve and his talented band and the Middletown VFW for hosting this amazing event!

Looking forward to rocking in 2023! We will keep you posted!



DONATE TODAY!



SCAN ME



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