

A NOTE FROM OUR FOUNDERS ...

If we've learned anything from the past couple of years, it is to stay positive. This is reinforced every day by our employees, and now our first class of trainees. We are so excited to see this group of energetic women and men grow week by week. We began 2022 wondering what our first post covid year would look like. We end 2022 looking optimistically toward the future!

We are seeing the steady growth of our employees, with some heading out on their own. They are confident and determined. Many of the skills that they have learned, such as self-advocacy will help them in their new roles and life's endeavors. Our work is never done and the need to grow and support our training program is vital to our MISSION. As the founders, we are grateful to the local businesses who have stepped up to hire those we have trained. If you or anyone you know would be interested in hiring highly motivated employees with great work ethic, please let us know!

As 2022 winds down, we look forward to 2023 with great optimism. We will have five ten-week training programs. Our Help For Hunger program will continue to serve meals to our neighbors facing food insecurity, having served over 22,000 meals since inception. In the cafe, our staff stands ready to deliver top quality food and service. Thank you for all that you have done to get us to this point. We would not be here without your support, our team and dedicated volunteers. We look forward to reaching even greater heights in 2023 together!

With Gratitude - Mark and Stephanie Cartier, Founders



Mark & Stephanie Cartier

Winter 2022 NEWSLETTER



VOLUNTEER SPOTLIGHT: *Kirsten Rennard*



It's a family affair at No Limits Cafe. Kirsten is founder Stephanie Cartier's sister. She remembers vividly when Stephanie gave birth to Katie because it was the weekend of her 30th birthday. The journey they began then learning about down syndrome and intellectual disabilities. Kirsten recalls **"A Call to Action & What Can We do Better?"** by Stephanie. Those were the seeds of the No Limits Cafe twenty plus years ago. Looking around the Cafe she fondly points out all the hands-on work it took to make the Cafe the warm and inviting space it is today. Truly a labor of **LOVE!**

Raised in Old Bridge with 5 other siblings mentioning of course that Stephanie is the "oldest." Kirsten lives in Red Bank, NJ with her husband Sam and four very active children 22,19,17,13.

You'll find her in the front of house at No Limits Cafe every Tuesday, working alongside Jake, Jimmy, Tyler and Matthew which is the highlight of her day! Her role is to assist the staff as needed - which she adds: "they need little direction because they have come a long way. The progress the staff has made is remarkable."

How is it working with your sister? ***"I'm very proud of her and her family and what's been accomplished here. I wish my Dad and Grandmother were here to see all of this! It's impressive..."*** Kirsten Rennard, volunteer

Favorite menu item: PJC Thanksgiving sandwich - seems to be the favorite here. Thank you Kirsten for your time, dedication and passion.

OUR MISSION

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.



NLC is going Hollywood: Our Cafe was used as a film location for the production of "I Love You Maria" a heartfelt story of love and life choices, a couple's journey when they find out their baby will be born with down syndrome. Extras on set were provided by our very own talented employees Katie Cartier, Mark Feeney, Hayley Lawrence, Jimmy Smith and Meghan Vadon, who had a touching moment with the main character. The film is in final production with a release date TBD.



Our employee Jake is an accomplished artist and his pieces will be featured in our First Annual Art Auction launch in March. In addition to all his accomplishments here at NLC Jake was offered a new position at The Coffee Corral in Red Bank, NJ along with Tyler - well done!



On Nov. 6th Chef Kali, along with nine other runners, participated in the NYC Marathon - raising funds and awareness for NLC.

Christian has accepted a position at Circle Hyundai in Shrewsbury! Congratulations, we'll miss you!

2023 Events Mark Your Calendars

Sunday, January 1st **POLAR BEAR PLUNGE**

Come on in the water's fine!
SIGN UPS: Sonsofireland.org
Ocean Place, Long Branch, NJ
Benefitting No Limits Cafe and Shore House

Thursday, March 9th **Art Auction Preview - Meet the Artists!**

Two River Theater 6pm - 8pm
Virtual Art Auction March 9th - March 16th
Get your bids in!

Monday, March 27th **SHAMROCK & ROLL CONCERT**

2nd Annual Benefit Concert
Guest MC Jamie DeNardo 90.5 WBJB
The Daly Irish Dance School

Monday, June 26th **5th Annual Golf Outing and Dinner** at Rumson Country Club

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!



RUN WITH NO LIMITS:

Our 2nd Annual Run on Saturday, October 15th, at Thompson Park was a huge success, with perfect weather for our 181 runners. Half marathon winners were: Christopher Maltbie & Ellie Mitner & our first place 5K winners were: Colin Derasadourian & Alyssa Donahue.



Thank you to our generous sponsors, volunteers, employees, runners, walkers & cheerleaders!

EMPLOYEE SPOTLIGHT - Tyler Marxen & Jake Mark

Every adventure has a dynamic duo. No Limits Cafe has Tyler & Jake. These two young men started their journey as new hires early 2020. Together they trained for the front of house positions, worked hard and now they are seasoned servers at the Cafe. The adventure continues as they both have evolved and accepted new positions at the Coffee Corral in Red Bank, NJ. Yes, they have two positions and are very proud of it.

When asked "How did it feel to get your first paycheck at NLC?"

Tyler - **"very excited and cool"**

Jake - **"It felt amazing"**

So what's it like to have two jobs and get two paychecks?

Jake - **"My family is so proud"**

Tyler - **"I'm proud of myself"**

You can see Jake and Tyler at NLC on Tuesday, Thursday & Saturday. On Mondays, they will both be at the Coffee Corral. They agreed it's going to be amazing working together at the Coffee Corral too!

Jake's favorite menu item at NLC: **Tuna Fish sandwich**

Tyler's favorite menu item at NLC: **AmeriKen Hero sandwich and creamy tomato soup**

"I love NLC because it's the best restaurant" - Jake

"I'm excited to start at the Coffee Corral on November 21st! I'm not nervous I'm excited"

- Tyler



Special Thanks!

Thank you Witches & Warlocks of Fair Haven 3rd Annual Paddle for raising funds and awareness for NLC



Atlantic Club of Red Bank
MANTRA RIDE with Josh Taylor
Well attended and great fun...



MEET THE STAFF - Monika Lee



Monika (left) is photographed with Lisa Loshiamo BOT and Lori Seggio Volunteer

Monika recalls that she's always volunteered even when she was working full time in Manhattan.

"I love it here - it's a great place - it feels good"

Monika came in on Saturdays and volunteered in dishwashing. Her 40 year career as a Legal Assistant ended, and as that door closed, a new door opened at NLC. She volunteered almost everyday. Soon she was approached with a full time position which she jumped at. **"It's not just a restaurant, it's a family and I see the spark in the employees' eyes."** Her duties are many as she assists Chef Kali with back of house duties and helping employees to be their best..

Monika is a true Jersey Girl having grown up in Jersey City - married the love of her life, Ken, made her way to Middletown NJ where they raised their son. She recently has the new title of mother-in-law as her son has recently married and is now living in NYC. Congratulations Andrew & Katie!

Oh did you know that Monika has a twin sister Ryta who also volunteers at NLC? Actually she's one of three sets of twins in her family of eight siblings!!!

How has NLC changed your view on people with intellectual disabilities?

"Everyone is an individual with many talents and when you come here you see that everyone has a purpose. You see the progress that each employee has made...and it's a good feeling!" Monika Lee

Favorite Menu Item:

Grilled swiss cheese sandwich with red onion!

Thank you for all you do...

DONATE TODAY!



Special thanks to The Jack Fanning Memorial Foundation's "Angels for Autism" for their generous grant and recognition!
It was a privilege to attend your annual event.



Josephine Guttadauro with Maureen Fanning founder of Angels for Autism

"Recently, a friend suggested that we meet at your establishment for lunch. Upon entering your beautifully decorated Cafe, I realized instantly that I was somewhere very special"

PF- diner

WE'VE LAUNCHED OUR FIRST "NO LIMITS CAFE SUZANNE HATFIELD TRAINING PROGRAM"

A couple of starts and stops with Phase II but thanks to generous donors we finally launched our First **"NO LIMITS CAFE SUZANNE HATFIELD TRAINING PROGRAM"** in September 2022! Joining us are five very eager candidates rolling up their sleeves and getting to work. Congratulations to: **Kevin Daley, Eugenia DeRosa, Catherine Hackett, Demi Hiepner, & Kevin Molokie!** The desired goal is to place all our trainees in jobs, collaborating with local employers to ensure success.

Alexandra Sciortino and Ryan Cartier are on-site trainers. Heidi Clark is our Special Education consultant. Together they created the 10 week paid training



program for adults with intellectually disabilities.

The program overview will concentrate on:

Front and back of house restaurant skills, dishwashing skills, soft skills (ie. personal responsibility, communication and advocating for self)

There are five - ten week sessions and our second session begins January of 2023. Bravo to our first group completing the **"No Limits Cafe Suzanne Hatfield Training Program"**.

"I'm impressed with the growth of these trainees in such a short time and I'm thrilled to be a part of this program"

Heidi Clark, Special Ed Consultant

For more details go to

www.nolimitscafe.org/training-program/



www.nolimitscafe.org



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