

A NOTE FROM OUR FOUNDERS ...

As you begin reading this letter, please allow us to say THANK YOU! Thank you for taking the time to read the stories about the cafe and our employees. Thank you for being a part of our successes and struggles. Thank you for your friendship and support. We look forward to many more years of growth, changing the lives of adults with intellectual and developmental disabilities, ending the 80% unemployment rate once and for all!

One phrase that captures the essence of what our employees are all about is, "You must be the change you wish to see in the world." We could not be more proud to witness their growth and achievements. In 2023, we have seen existing employees move on to other jobs and thrive. The Suzanne Hatfield Training Program graduates have also transitioned successfully. One manager of a training program graduate said to Mark, "When you have more graduates, let me know, I'll hire them." Our team is changing the world far beyond the cafe's doors.



Stephanie & Mark Cartier

We speak proudly about our food truck Hazel, but it's not the truck, it is the employees who shine. In house, the staff has to prepare all of the food that we serve. On the truck, the space is much tighter. The demands on the staff are different than in the cafe. Whether it is new menu items or rapid fire service, our employees deliver great food and show ever larger audiences what No Limits Cafe is all about.

Over the last year, we have been responding to more inquiries from businesses looking to hire someone with an intellectual or developmental disability. We have participated in lunch and learn calls, visited corporate headquarters, hosted lunches and given tours of the cafe. If you or someone you know want to hire someone with an intellectual or developmental disability, please contact us. We will help you!

Our goals have given us a clear picture of what we want to accomplish. As No Limits Cafe and its mission moves forward, we need your support now as much as ever. Thank you for all that you do to, helping us end the 80% unemployment rate and being a part of the No Limits family!

Newsletter

2023 Vol. 2



Upcoming Events & Mark Your Calendars

Sunday, January 1st: POLAR BEAR PLUNGE Come on in, the water's fine!
To benefit No Limits Cafe & Shore House **SIGN UPS:** sonsofireland.org
Ocean Place Long Branch, NJ **LIVE MUSIC** by Brian Kirk & the Jerks

Monday, March 11th:
3rd Annual ShamRock & Roll at the Middletown VFW post 2179

Sunday, March 17th:
NY Roadrunners United Airlines Half Marathon

Monday, June 17th:
6th Annual Golf Outing & Dinner at Rumson Country Club

DONATE TODAY!



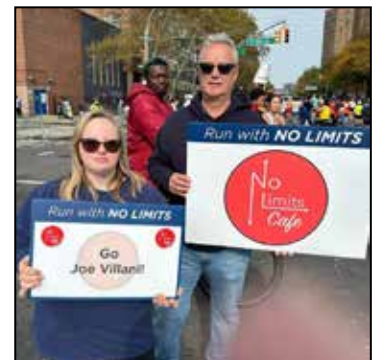
OUR MISSION

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.

THANK YOU TO OUR ELEVEN RUNNERS

Representing NLC at the NYC 53rd Annual Marathon!

Steven Diaz, Matthew Littenberg, Xena Valenzuela, Tim Patton, Jason Bilanin, Joseph Villani, John Hackett, Kyle Jimenez, Kenny Williams, Russell Van Cleve, & Connor Ryan!



RUN WITH NO LIMITS

Raindrops didn't dampen spirits for our 3rd Annual Run!

On Saturday, September 30th, 168 runners participated at Thompson Park, Lincroft, NJ. We raised heartbeats, awareness and funds for a perfect photo finish.

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

Special thanks to Split Second Timing!

Half marathon winners were: Stephanie Raubenheimer & Jeff Propert. Our first place 5K winners were: Trish Wilkerson & Devin Rafferty - Congratulations to all!



Congratulations!

Cheers to Success & Continued Growth.

HAPPY FIRST ANNIVERSARY TO THE NO LIMITS CAFE Suzanne Hatfield Training Program

The Suzanne Hatfield Training Program was created to provide individuals with intellectual and developmental disabilities, that are not employed by No Limits Cafe, the opportunity to gain valuable vocational and soft skills, boost their confidence, earn a competitive wage and contribute meaningfully to society. Thanks to a \$100,000 Impact 100 Jersey Coast Grant, this innovative program is a testament to the power of inclusion, dedication, and the belief in the potential of every individual, regardless of their abilities. The program is built on a strong foundation of inclusivity, respect, and empowerment. It recognizes that each participant has unique strengths and abilities, and tailors training plans to suit individual needs. The program leaders, Alexandra Sciortino, Ryan Cartier & Heidi Clark make sure that this personalized approach fosters a sense of belonging while encouraging participants to reach their full potential. We would like to take a moment to express our gratitude for the exceptional efforts and dedication of our management team members, Monika Lee, Ryta Kreiss, Suzanne Shur, Allie Rech and Hayley Lawrence. Their leadership and commitment have been instrumental in the success of our training program.

The programs success can be measured through the remarkable achievements of its participants. Many graduates have gone on to secure meaningful employment in the community, breaking down barriers and challenging stereotypes. Their accomplishments serve as a testament to the program's effectiveness in nurturing talent and instilling a sense of purpose. The No Limits Cafe Suzanne Hatfield Training Program stands as a shining example of what can be achieved when individuals are given the opportunity to unlock their full potential.

Beyond the individual success stories, the No Limits Cafe Suzanne Hatfield Training Program has a profound impact on the community as a whole. By providing opportunities for individuals with disabilities to thrive and contribute, it encapsulates the latter part of the No Limits Cafe mission "...increase awareness of their potential."

Through customized training, a commitment to inclusivity, and a steadfast belief in the capabilities of every participant, this program is transforming lives and the community, paving the way for a more inclusive and compassionate society. Thank you to Impact 100 Jersey Coast for making the Suzanne Hatfield Training Program possible for 2023.



Suzanne Hatfield and Hazel

We are excited to see what's next for our 2024 trainees...we've only just begun!

**Did you know we pay our trainees?
For many of them, it is their first paycheck!
What an empowering feeling to earn your own money!**



Alexandra Sciortino, Training Program Coordinator

Alexandra is an integral part of the Suzanne Hatfield Training Program. In addition to her position as co-General Manager of the Cafe, she is the Training Program Coordinator. Her degree in International Hospitality & Tourism Management from Farleigh Dickinson University, is a perfect complement to her passion for working with adults with intellectual & developmental disabilities in the Cafe. She has worked for years with individuals with intellectual disabilities and has the insight to identify, train and develop employees' skills. Alexandra co-wrote the training program curriculum alongside our special education teacher, Heidi Clark and her co-General Manager, Ryan Cartier. That curriculum teaches valuable restaurant skills, and most importantly, teaches the trainees the soft skills which are necessary to work in any business. Alexandra is passionate about making our trainees successful as they pursue their employment endeavors. She has also instituted "peer to peer" training. This allows our cafe employees help Alexandra to teach our trainees-this allows our cafe employees to empower themselves by becoming the teachers and it teaches our trainees how to take directions from a co-worker ... another great soft skill!

Menu Favorite: Rally Cap Sandwich

"Experiencing the growth in each trainee throughout the program is my absolute favorite part of my job!"
Alexandra Sciortino



Ryan Cartier, Success Facilitator

Ryan has a significant role as the Success Facilitator for The Suzanne Hatfield Training Program at No Limits Cafe. Ryan co-wrote the training program curriculum with special education teacher Heidi Clark and his co-General Manager, Alexandra Sciortino. Being the son of founders Mark and Stephanie Cartier, it's clear that Ryan has a personal and vested interest in the success of the program.

Ryan's background in Special Education and History from the College of Charleston, combined with his personal experience of growing up alongside his sister who has down syndrome, provides him with a unique skill set. Serving as the co-General Manager since 2020, he has gained valuable experience in understanding both the joys and challenges of managing the cafe and training its staff.

As the Success Facilitator, Ryan plays a crucial role in the post-graduate phase of the Training Program. His responsibility for post-graduate follow-up demonstrates a commitment to the long-term success and well-being of the program's graduates. Collaborating with new employers to assess transition assistance needs and providing ongoing support ensures a smooth integration for both the employer and the program graduate.

One notable aspect is Ryan's focus on addressing potential barriers for employers considering hiring adults with Intellectual and Developmental Disabilities. By serving as a point of contact and support, he actively works to remove obstacles and enhance the hiring process, fostering an environment where both employers and employees can thrive.

Menu favorite: Always the PJC turkey

"I enjoy the hands on teaching in a real environment with an emphasis on soft skills, and employment skills that will transfer to any job - it's been very rewarding."

Ryan Cartier



Heidi Clark, Special Education Teacher

Heidi and her husband Steve, both long-time Middletown residents, have been actively involved in the community. They are both members of St. Catharine's in Holmdel's St. Vincent de Paul Society, and Heidi serves as a Court Appointed Special Advocate (CASA) for children in foster care. Their connection with the Cartier family has been significant, as their sons Jack and David have shared a lifelong friendship with Ryan and Mark Cartier.

Heidi Clark has played a crucial role in the success story of the Suzanne Hatfield Training Program. Heidi has been a huge supporter of No Limits Cafe and when she was presented with the opportunity to create and implement a training program she couldn't say no! Leveraging her extensive experience as a Special Education Teacher, she, along with co-General Managers, Ryan Cartier and Alexandra Sciortino, collaborated to create and launch the program in September 2022. The program structure includes 5 ten-week sessions, each accommodating five trainees.

Heidi's involvement goes beyond just administrative tasks. She actively engages with the trainees, providing guidance in various aspects. Whether it's honing knife skills, reading recipes, or managing time efficiently, Heidi is hands-on! Her dedication to the program is evident through her delight in witnessing the accomplishments and growth of the trainees.

One remarkable aspect of the program's success is the transition of employees into mentoring roles for the trainees. Heidi expresses joy in seeing her team take on leadership responsibilities in a professional and empowering manner. This mentorship approach not only enhances the learning experience for the trainees but also fosters a supportive and inclusive work environment. "It's amazing to see our employees in these leadership roles in a professional empowering way!"

Heidi acknowledges that the challenges in this endeavor are diverse, given the unique goals and needs of each trainee. The dynamic nature of the program requires adaptability from both the mentors and trainees.

Menu favorite: This week it's a BLT with a twist, of course Steve requests to bring home a quart of chicken tortilla soup!

"It's hard work but I enjoy seeing them flourish, building their confidence with a full resume ready to move forward in their next meaningful employment."

Heidi Clark



Our Employees are Moving to New Opportunities!

The unemployment rate for adults with intellectual disabilities is 80%, compared to the national average of just under 4%. No Limits Cafe is changing that! With every donation, every customer we serve, every employer that hires a person with an intellectual disability, you help us to make this change!
We are excited to share that some of our employees are moving on to new opportunities thus creating a dynamic and growing workforce!



KATIE

NLC proudly announces that Katie has accepted a position at Chick-fil-A in Hazlet, skillfully juggling her commitments at NLC.



TYLER

Congratulations Tyler! Find him at the Coffee Corral in Red Bank on Mondays and at NLC Tuesday, Thursday, Friday & Saturday.



VICTORIA

Congratulations Victoria! Victoria has secured a position in Food Services at Central Regional High School in Bayville.



JAKE

Congratulations to Jake for securing a position at Coffee Corral in Red Bank while still handling his job at NLC 3 days a week.



HAYLEY

Congratulations Hayley for accepting a position at Chick-fil-A in Hazlet while maintaining a busy schedule at NLC as Assistant Front of House Manager.



TAMMY

We are thrilled to announce that Tammy has accepted a position as office assistant at Speech Start in their Hazlet Office.



NORMAN

Norman has joined Family Resource Associates, in both Red Bank and Brick, as a classroom assistant.



ALAINA

We are happy to announce that Alaina has a new career in Child Care! She is a mothers helper to a set of twins!

Suzanne Hatfield Trainees Employment

Suzanne Hatfield Training Program graduates that have assumed responsibilities at No Limits Cafe, filling roles left vacant by our employees on the preceding page who have transitioned to new opportunities!



HEATHER
NLC server & prep



CHELSEA
NLC server



ANGIE
NLC server



KEVIN D
NLC dishwashing



SAM
NLC prep



KEVIN M
NLC prep & dishwashing



SIMEON
NLC prep



DEMI
NLC prep



Suzanne Hatfield Training Program

GRADUATE EMPLOYMENT



JACKSON

Jackson has accepted a position at Dunkin' Donuts at the Forked River rest stop on the Garden State Parkway!



KATHERINE

Cheers to Katherine on her job as hostess at "Off the Hook" in the Highlands.



STEVEN

We are thrilled that Steven has taken a position at a day care center in Sayreville.



EUGENIA

Eugenia has moved on to the Sea Breeze Cafe at Monmouth Medical Center in Long Branch!



NATHAN

Congratulations, Nathan has taken a position at Triumph Brewery in Red Bank.



MICHAEL

Michael has accepted a job at Buffalo Wild Wings in Eatontown!



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HAZEL ON THE MOVE: *The No Limits Cafe Food Truck's Journey of Flavor and Fun*

Since hitting the road in June 2023, the No Limits Cafe Food Truck, affectionately named "Hazel" after Suzanne Hatfield's beloved canine companion, has been a rolling success story. Fueled by the generosity of the estates of Suzanne Hatfield and Frances Romeo, Hazel has become more than just a mobile kitchen; it's a symbol of community, perseverance, and great food.

Acquiring the food truck marked a significant milestone for No Limits Cafe, opening up a world of possibilities and culinary adventures. The journey, although challenging, has been filled with excitement and a huge learning curve. The team has embraced every twist and turn, turning challenges into opportunities to refine their skills and enhance the overall food truck experience.

"Hazel" is not your average food truck – it's a gourmet haven on wheels, serving up a diverse menu crafted with care and creativity. From private events such as graduation parties, weddings, and showers to community gatherings like block parties and local fairs, Hazel brings the unique flavors of No Limits Cafe directly to the people.

The No Limits Cafe Food Truck has not only graced local events but has also made its mark on a larger stage. A notable highlight was its presence at the NJEA Convention in Atlantic City, showcasing that Hazel is ready to bring its gourmet offerings to any venue, big or small. If you're looking to elevate your event with a touch of culinary excellence, consider inviting "Hazel" to the party. The No Limits Cafe Food Truck caters to a variety of occasions, adding a dash of flavor and a pinch of community spirit to celebrations large and small. For inquiries and bookings, reach out to NoLimitsCafeFoodTruck@gmail.com and bring the delicious magic of Hazel to your next event.

As "Hazel" continues its journey, it represents more than just a food truck; it's a testament to the resilience and creativity of the No Limits Cafe community. The support received from the estates of Suzanne Hatfield and Frances Romeo has allowed Hazel to not only navigate the roads but also create unforgettable culinary experiences. The adventure is ongoing, and with each stop, Hazel invites you to savor the flavors of inclusivity, community, and the joy that comes with a good meal on the move.



Special Thanks!



Thank you the Monmouth Park Charity Fund for your generous grant at the 76th Annual Distribution of Funds Tea.



(Left to right)

Don Cummings, Board Member
Maureen Fanning, Founder
and Mark Cartier

**NLC was honored to be presented
with a generous grant at the
Annual Jack Fanning Memorial
Foundation Gala in October**



**Brandon Jones - Owner/Operator of
Chick-fil-A of Hazlet along with DMC
Services, LLC, presented NLC with this
generous donation from their
annual golf outing.**



**Thank you Eastern Monmouth Area
Chamber of Commerce for selecting
NLC as the EMACC Next Generation
Committee recipient!**

**It was a pleasure hosting your
EMACC networking event at NLC.**



Our Help for Hunger Program has been going strong since 2020. Our employees prepare meals for local food pantries and senior citizens struggling with food insecurity. To date, we have prepared over 15,000 meals supporting our neighbors in need.

IT'S CRITICAL TO SUSTAIN THIS ESSENTIAL PROGRAM!

DONATE TODAY!



NLC employees Katie and Hayley

were guest speakers at for the NJ Transition Coordinators Network at Bell Works. They shared info about their jobs at NLC and Chick-fil-A. - **So proud!**



Jake & Tyler ran and completed the Atlantic City half marathon!

What an accomplishment - Thank you ZR Fit & Wellness!



Volunteer Noelle Stanziale and employee Sam

You can order our delicious oatmeal chocolate chip cookies and menu items for your holiday events www.nolimitscafe.org/no-limits-cafe-red-bank



Tammi Stanziale was NLC's volunteer of the year at the Monmouth Park Charity Fund's annual tea! **Tammi thank you for all you do!**



NoLimitsCafe.org



No Limits Cafe



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