

A NOTE FROM OUR FOUNDERS ...

As we wind down 2025, we want to extend our heartfelt thanks to all of our supporters, employees and community partners. This newsletter is longer than some of our others, but we wanted to share as many of the amazing stories as possible!

The employees shined in 2025, and increased their involvement with the Suzanne Hatfield Training Program. It has been amazing to see them grow into teachers themselves. The peer to peer training has created a stronger sense of self worth while making the trainees feel right at home.

Hazel, our food truck has once again been all over the state serving great food and increasing awareness of the No Limits' mission. Please read more about the great year in the newsletter!

2025 marked the fifth year of our Help for Hunger program. While this is not the cornerstone of the mission, our staff has now made over 35,000 meals for individuals in our area facing food insecurity. Preparing the meals has created more training opportunities as well as provided a chance for our staff to give back ... true empowerment. The recipients include local seniors as well as LunchBreak and HABCORE. We are grateful to community partners such as Whole Foods and Panera Bread for their support. With the need for nutritious meals on the rise, it is our sincere hope to be able to continue this for years to come.

As for the cafe itself, the staff eagerly awaits the chance to serve you! We believe our food is second to none. Our office catering continues to grow as does the use of the cafe for private events. Whether it is a shower, a birthday party, community group or corporate event please consider us when making plans.

Finally, thank you for making 2025 a success. We literally could not do this without your continued support. As you consider your end of year donations, please remember No Limits Cafe and our amazing staff. We look forward to an even better 2026!



Newsletter 2025



HOW IS NO LIMITS CAFE EXPANDING BEYOND OUR LOCATION?

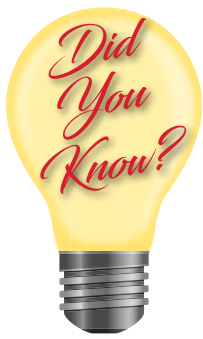
Our mission is to help adults with intellectual disabilities secure meaningful employment...not just any job, but roles that bring value to both the individual and the employer. How do we do that? Through training, empowerment, and visibility. By showcasing the abilities of our employees, by educating potential employers, and by teaching the next generation of leaders that this population has tremendous value and can work successfully. We believe deeply that every person, regardless of disability, has worth and value in our world.



We take this mission very seriously and remain steadfast in our commitment to it. With that in mind, we are thrilled to share that we are working on our next big step...bringing No Limits Cafe to a major New Jersey university! We are incredibly excited about this collaboration and will have more news to share soon!

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.



Jimmy Smith was promoted to Front of House Service Manager.



Our employee Simeon has his own Bakery called Hugs and Love.



Some of our crew walked in the JBJ Soul Kitchen Day of Hope Walk.

Save the Date

FEBRUARY 2026

Fundraiser at No Limits Cafe - TBA

MARCH 23, 2026

5th Annual ShamRock and Roll

JUNE 22, 2026

8th Annual Golf Outing

RUMSON ST. PATRICK'S DAY PARADE

We are beyond honored that No Limits Cafe was chosen as the beneficiary of the 2025 Rumson St. Patrick's Day Parade! Our amazing employees and Hazel, our food truck, proudly walked the parade route and had an absolute blast. A highlight of the day, our Food Truck Manager, Matt Berkowitz, was interviewed by CBS weatherman John Elliott! And to top it all off, our beautiful food truck was awarded Best Float! Thank-you to the Rumson St. Patrick's Day Parade Committee for this incredible honor and unforgettable day!



9/11 HOCKEY OUTING

A heartfelt thank-you to the 9/11 Hockey Outing Committee, sponsored by the Navesink Country Club, for selecting No Limits Cafe as the beneficiary of your 23rd annual event!

Our employees were proud to help serve and the highlight of the day was watching our very own Jimmy Smith, a decorated NJ Special Olympics speed skater, drop the puck. Such a special moment!

This was truly an honor for No Limits Cafe, and we are so grateful to be part of this meaningful tradition



Not On Call Rocks for a Cause

The band Not On Call, made up entirely of medical professionals, hit the stage at Donovan's in Sea Bright and again at Tall Oaks Brewery, both times playing to big crowds and perfect weather. Their high-energy performance kept everyone dancing! The musicians of Not On Call come from diverse musical backgrounds, but share a unique bond through their day jobs. They are physicians, nurse practitioners, and physician assistants working side by side at Jersey Shore University Medical Center, where they dedicate their professional lives to cardiovascular medicine. Together, they bring that same passion and teamwork to the stage all in support of No Limits Cafe. A huge thank you to Not On Call for donating their time and talent, and to everyone who came out to dance, cheer, and support our mission. Because of you, these events were truly unforgettable!



How is No Limits Cafe supported?

Our largest expense is, by far, wages and that's exactly how it should be. We currently employ 37 adults with intellectual disabilities, all earning at least New Jersey's minimum wage (\$15.49 per hour), with higher wages for those who have advanced into management positions. Our payroll is significant, but every dollar represents meaningful employment, opportunity, and independence.

As a nonprofit organization, our mission is to raise funds that allow us to employ adults with intellectual disabilities and operate our Suzanne Hatfield Training Program. From the very beginning, we made a key decision...our trainees would be paid. Most training programs charge participants to attend, but we believe deeply in the dignity of a paycheck. For many of our trainees, it's the first paycheck they've ever received, and the joy and pride that moment brings is absolutely magical.

To keep this mission moving forward, we fundraise to cover the gap between what the restaurant earns and what it costs to run our operation. From our annual golf outing and mozzarella-making classes to raffles, races, and other creative events, we do whatever it takes, always with our incredible employees front and center.

If you'd like to support our mission, there are many ways to make a donation:

Scan the **QR CODE** in this newsletter

Donate online at www.nolimitscafe.org/donate

Venmo: @nolimitscafe

PayPal: stephaniecartier@nolimitscafe.org

Mail a check made out to No Limits Cafe to 418 Hwy 35, Red Bank, NJ 07701

Or use the **enclosed envelope** to send a check or credit card donation

**DONATE
TODAY!**



***Thank you for considering a donation to No Limits Cafe.
Your generosity directly changes lives and for that, we are truly grateful.***

It's been an incredible year for our No Limits Cafe running community!



We proudly hosted our annual 5K and Half Marathon, and several amazing individuals went the extra mile, literally, by running on behalf of No Limits Cafe in both the 2025 United Airlines NYC Half Marathon and the 2025 TCS NYC Marathon. We are so deeply grateful to every runner who not only trained tirelessly and logged countless miles but also raised vital funds to support our mission.

It was a perfect fall morning at Thompson Park on Saturday, September 27th, for the 5th Annual Run With No Limits 5K and Half Marathon! More than 100 runners and walkers came out to support meaningful employment for adults with intellectual disabilities.

****Race Highlights:****

***5K Women's 1st Place:**
Liz Barrett - 23:23.1

***5K Men's 1st Place:**
Jim Geant - 22:45.3

***1/2 Marathon Men's 1st Place:**
Russell Van Cleve - 1:26:23.1

***1/2 Marathon Women's 1st Place:**
Cynthia Dagenais - 1:55:28.7



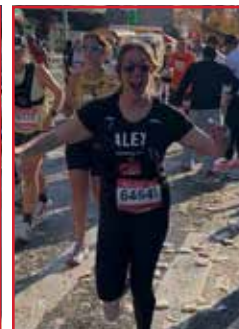
We are so proud of all of our participants and grateful for their support. A special shout-out to our No Limits Cafe employees, who joined the race and absolutely rocked it!



For the 2025 United Airlines NYC Half Marathon, we cheered on Cooper, Julia, Ciara, and our very own No Limits Cafe employees Jake and Tyler! A special shout-out to Chef Kali and Kimberly W., who ran alongside some of our team talk about dedication! Every single one of them absolutely crushed it!



And for the 2025 TCS NYC Marathon, we were honored to be represented by Alexandra, Alex, Bryan, Kristian, Jessie, Jennifer, Matt, Austin, and Erika all of whom conquered 26.2 miles through the streets of New York City! Their determination, endurance, and heart were truly inspiring.



Our 7th Annual Golf Outing

Our 7th Annual Golf Outing was once again held at the beautiful Rumson Country Club. Despite a little early rain, the day turned out to be an incredible success! As in years past, the golf portion sold out the moment registration opened — a testament to the unwavering support of our amazing community. This event remains our largest fundraiser, and we couldn't be more grateful.

This year's outing featured special guests from the Philadelphia Eagles, including All-Pro Landon Dickerson and Offensive Line Coach Jeff Stoutland. Even the non-Eagles fans in the crowd appreciated seeing representatives from a team that has done so much to advance Autism Awareness.

The evening dinner at The River House was also sold out. Guests enjoyed exceptional service and delicious food, courtesy of the Rumson Country Club staff. We were honored to welcome Chef Jason Santos from Hell's Kitchen, who traveled all the way from Boston to join us for the golf outing dinner — along with his friend, Art Sutley, a global food and beverage expert, friend, and proud supporter of No Limits Cafe! Most importantly, our No Limits Cafe team served hors d'oeuvres and assisted throughout the evening — showcasing the professionalism, enthusiasm, and limitless potential that define them.

Finally, we extend heartfelt thanks to everyone who made this event possible — our incredible golf committee members **Nancy Pugliese, Connie Ricci, and Nancy Geant**, along with our generous sponsors, donors, volunteers, and attendees. The kindness of our community and the support of local businesses who believe in our mission truly make all the difference. We couldn't do it without you. **Thank you!**



NO LIMITS CAFE SUZANNE HATFIELD TRAINING PROGRAM

In 2025, 14 adults with intellectual disabilities have participated in our training program. Since its inception, a total of 46 adults have completed the program, and 5 more are currently in training. The results have been remarkable — the statistics truly speak for themselves.

What the numbers don't show, however, is the depth of this success: 62% of our trainees have not only found employment but have remained employed for a year or more. Now that's what sustainable, meaningful employment looks like in action!

- 46 people went through the program
- 62% have found jobs (**29 trainees**)
- 21% are looking for jobs (**10 trainees**)
- 7% do not want to work (**3 trainees**)
- 10% repeated the program (**4.5 trainees**)

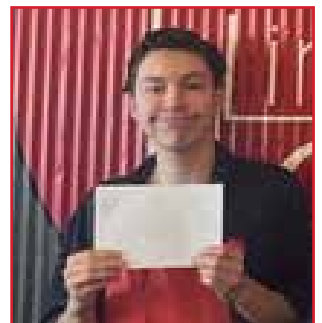
Of those employed, every individual has remained in their job for at least a year or longer, demonstrating both their commitment and the value they bring to their employers.

We are so proud to celebrate our newest training program graduates who have achieved meaningful employment: **Nicholas J., Laura G., Ethan L., and John L.**

We're equally excited to share that two of our trainees are continuing to further their education — **Ryan L.** is attending **Georgian Court University**, and **John L.**, in addition to working, is also participating in **Project SEARCH at Monmouth Medical Center**.

Slowly but surely, No Limits Cafe is helping to reduce the staggering 80% unemployment rate among adults with intellectual disabilities — right here in our own community.

If you're interested in hiring one of our talented trainees, we'd love to connect! Please reach out to NoLimitsCafeTrainingProgram@gmail.com



No Limits Cafe

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Heidi Clark - TRAINING PROGRAM TEACHER

An inside look at the No Limits Cafe Suzanne Hatfield Training Program

We wanted to give you an inside look at what it's like to be part of our training program, so we sat down with one of our current trainees to share their experience first-hand. Meet Brianna B.!

Trainee Interview: Brianna B.

What is your name, age, and where are you from?

My name is Brianna,
I am 29 years old and I am from Oceanport, NJ

What are your hobbies?

I like doing my nails and going to the beach.

How have you liked the training program so far?

"It's nice. I like serving people.

How do you like being at No Limits Cafe?

It's a good fit for me because I like meeting new people and making friends with coworkers.
I get to smile a lot!

What is your biggest accomplishment during the training program?

Learning to make new recipes and learning how to serve tables.

What is the most challenging part of the training program?

Making tomato soup because it was a long recipe.
It took a lot of cooking!

What skills have you learned during the program?

How to make dressing, banana bread, soups and a lot of recipes in the back,
I also learned kitchen safety.
In the front, I learned hosting, bussing and serving tables.

Do you like the front of house or the back of house better?

I like the front of the house.
I like chatting with customers and serving people.

What is your dream job?

I am a big coffee drinker. I would like to be a barista and serve coffee.
My favorite coffee is An Iced Hazelnut Latte!

Do you have any other comments?

I just love being here!



Make your Own Mozzarella Classes

We've hosted not one, but two "Make Your Own Mozzarella" classes at No Limits Cafe and both were a hit! This fun and creative fundraiser was the brainchild of our amazing volunteer, **Tammi Stanziale**. In addition to volunteering weekly at the cafe, Tammi brought us this fantastic idea and personally taught our employees how to make mozzarella from scratch.

Our team picked it up quickly and before long, they were confident enough to **teach others!** Talk about empowering! Both sessions sold out and were a huge success. Our employees loved sharing their new skills, connecting with guests, and spreading smiles. And of course the mozzarella was absolutely **delicious!**

A heartfelt **thank you to Tammi** for inspiring such a joyful and meaningful experience for everyone involved!

Look out for more classes to come soon!



4th Annual ShamRock 'N' Roll: A Night of Heart and Harmony and a little bit of Irish Luck!

“The true measure of a person is not in what they gain for themselves, but in what they willingly give to others.”

This quote perfectly captures the heart and spirit of **Steve DeVito**. The **4th Annual ShamRock 'N' Roll**, held on **March 10th**, was more than just an event, it was a celebration of Steve's unwavering kindness, dedication, and generosity. He brought our community together for a cause that truly changes lives, shining a light on what it means to give selflessly.

Steve never seeks recognition, but when someone gives so much of themselves for others, their impact simply cannot go unnoticed. **Steve, from the bottom of our hearts, thank you** for believing in **No Limits Cafe**, for your tireless efforts, and for making ShamRock 'N' Roll a night to remember. We love you, Steve!

Our employees worked hard to prepare meals for more than **500 guests**, and we are so proud of their incredible teamwork! A huge thank you to **Steve DeVito, Steve Reilly, Christopher Russo, and James Dalton** for filling the room with amazing music, and to the **Daly Irish Dancers** for their spirited performance that had everyone smiling.

The evening wouldn't have been complete without the behind-the-scenes magic from **Carin Marinan, Anne-Marie Purtil, and Cathy Devine**, who created stunning gift baskets, and from **Steve Reilly** who designed the perfect program book. We would be remiss if we didn't give a shout out to our ticket peeps, Victoria Masluk and Cathy Sepcsik as well as the production assistant, Peter Locke!

Another special moment of the evening came when Middletown resident Rich Degennaro presented us with a handcrafted miniature replica of No Limits Cafe. The level of detail is incredible—an exact, intricate recreation of the cafe we love. If you'd like to see it up close, the model is now on display at No Limits Cafe.

Thanks to everyone's efforts, the night was a huge success and we can't wait to do it all again on **Monday, March 23, 2026** for the **5th Annual ShamRock 'N' Roll!**



“Hazel” the Food Truck Has Been ON THE MOVE!

We’ve had so many exciting opportunities lately, and each one means the world to us. Our food truck isn’t just serving up great food it’s a **rolling showcase** of what adults with intellectual disabilities can achieve when given the opportunity. Every stop Hazel makes helps us spread our mission far and wide, showing communities everywhere the incredible capabilities of our team led by our outstanding Food Truck Manager, **Matthew Berkowitz!**

Here are just a few of Hazel’s amazing adventures:

Tall Oaks Brewery – We’ve had the pleasure of serving their customers on numerous occasions, and it’s always a great time!

Spring Lake Heights Fall Festival (2023, 2024 & 2025) – Always one of our favorites! It’s one of the few times we serve breakfast from the truck — think housemade grilled French toast and mini croissant cinnamon rolls! Maybe next year we’ll debut our new housemade apple cider donuts currently in production!

Red Bank Oktoberfest (2023, 2024 & 2025) – Hazel was cooking up a storm! Long lines? Bring them on — our crew was ready!

NJ Education Association Convention, Atlantic City – For three years running, our truck has been set up inside the Convention Center! They even roll out artificial turf, picnic tables, and umbrellas to create an outdoor vibe — pretty cool!

Monmouth Park Food Truck Festival (Memorial Day 2025) – Our first-ever three-day festival! It was hard work, but our team rose to the occasion and served non-stop all weekend. We proved to ourselves that we can handle anything and do it with smiles and delicious eats!

Lincoln Center Umbrella Festival (NYC) – This was a big one! We were thrilled to be invited for two days, but Mother Nature had other plans. Heavy rain canceled the outdoor events after we arrived. It was disappointing, but it gave us a chance to practice an important soft skill: handling disappointment with grace and teamwork.

Tulip Festival at Holland Ridge Farms – What a view! We loved serving among the flowers, meeting fellow food truck operators.

Whole Foods, Middletown – We teamed up with Whole Foods for a fun, creative collaboration. They gave us featured ingredients, and we came up with delicious dishes to serve to their customers right in the parking lot!

Middletown Township Fire Department Touch-A-Truck – We loved serving great food while supporting our incredible local volunteer firefighters!

Hackensack Meridian Health Employee Appreciation Day – Our biggest food truck event yet! We grilled nearly 1,000 gourmet grilled cheeses for hospital staff. Midway through, our generator stopped working — but our employees stayed calm, communicated, and problem-solved until the hospital electrician got us back up and running. An incredible real-world lesson in patience, teamwork, and perseverance!

Rutgers Football — This season, we had the incredible opportunity to serve at a Rutgers home football games, Rutgers vs. Oregon! What an amazing experience — so much fun, energy, and school spirit!

Granny’s Attic – We had the pleasure of serving hungry shoppers at the Annual Granny’s Attic event, held each year at Thompson Middle School in Middletown. It’s always a wonderful day filled with great food, smiling faces, and community spirit!

Merck Events (Blue Bell, PA & Rahway, NJ) – Hazel hit the road for company luncheons, bringing great food and positive energy to corporate campuses!

Add your name to the long list of Happy Customers!

Private Events – From birthday parties and weddings to holiday celebrations, graduations, and showers — Hazel does it all! Every event helps us showcase the capabilities and professionalism of adults with intellectual disabilities.

Corporate Events – Whether you’re planning a small team lunch or a large company gathering, Hazel can serve groups from **30 to 300**. We love customizing menus to make every event special — and we’re always ready to **up the ante** to make it unforgettable!

Wherever Hazel goes, she brings not only great food but also a powerful message: **given the opportunity, adults with intellectual disabilities can do amazing things**. If you are interested in hiring Hazel the Food Truck, please reach out to: nolimitscafefoodtruck@gmail.com



Special Thanks for the Beautiful Donations to Keep Our Mission Going!

To Mariner Wealth Advisors in Manasquan for their wonderful donation!

To the Old Bridge Max Fitness for choosing us as their Max Day of Giving beneficiary!

New Jersey Road Runners Club for having us as the beneficiary of their Holiday Hustle 10k

To the Navesink Country Club Foundation for recognizing the abilities and potential of adults with intellectual disabilities.

SETS Gym in Middletown for your generous donation throughout your United We Lift fundraiser!

Memorial Evangelical Church in Tinton Falls - Thank you for your generous donation!

Tiger Schulmann - Thank you for selecting No Limits Cafe as your "Swing for the Stars" beneficiary.

Macy's Monmouth - We are so grateful to have been selected as the "Mission Everyone Local Charity Round Up" partner for Macy's Monmouth in October.

Let's Play Mah-Jong - Thank you for selecting us as the beneficiary of your 1st Mah Jong Fundraiser!



Beauty beyond words...

We are incredibly grateful to the Navesink Garden Club for lovingly tending to our flower boxes and vegetable garden. They have generously shared their knowledge, teaching our employees who are interested in gardening valuable skills that will stay with them for years to come. Their hard work and dedication bring so much beauty to No Limits Cafe, inside and out.



VOLUNTEERS

We could not operate No Limits Cafe without the incredible dedication of our volunteers. Their kindness, energy, and willingness to show up make everything we do possible. They support our staff with patience and encouragement, and pour their hearts into our mission. Our volunteers are the quiet force behind the scenes who lift us higher, make our days brighter, and remind us that community is powerful. We are endlessly grateful for each and every one of them.

Catering

Did you know that No Limits Cafe offers full service catering with FREE delivery? We are already the go to choice for countless doctors offices through pharmaceutical reps and we are ready to take on your event next. Office parties, celebrations at home, intimate gatherings or big crowds... we do it all.

Want something unforgettable? Rent out the entire Cafe and let our amazing team cook, serve, and create an experience your guests will be talking about long after the party is over.

When you choose No Limits Cafe, you are not just getting incredible food. You are supporting meaningful employment for adults with intellectual disabilities. It is catering with purpose. Please reach out to nolimitscafeevents@gmail.com to book your party!



www.nolimitscafe.org



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