

AOTA Annual Conference

Orlando 2010: Your guide to the city.

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Jill Glmostad

Orlando is one of the most popular travel destinations in the country, so an AOTA conference there is sure to draw a crowd. In fact, the association expects roughly 5,000 occupational therapists, OTAs, vendors and friends of the profession to converge on the city this week for the 90th annual AOTA Conference and Expo.

Things kick off on Wednesday, April 28, with a full slate of pre-conference institutes and seminars, including CarFit technician training and sessions on home modifications, functional splinting, assistive technology and grant writing. On Thursday the event swings into high gear with the opening ceremonies. This year's keynote speech will be given by Sudip Bose, MD, FAACEP, FAAEM, of the University of Illinois-Chicago. Bose served as a front-line combat physician in Iraq, where he provided care to thousands of wounded soldiers and Iraqis, including treating Saddam Hussein himself!

This year also marks the return of a face-to-face meeting of AOTA's Representative Assembly concurrent with the conference. The assembly will be debating a proposal to dramatically restructure the governance of the association. A new president will also step up this year to take the reins at AOTA. You can catch outgoing President Penelope Moyers Cleveland's farewell address on Friday morning, and incoming President Florence Clark's inaugural speech on Saturday morning.

Of course, there are also plenty of continuing education credits to be had! Attending the presidential addresses will earn you CEs; as will Thursday morning's International Breakfast with Mary Evert, MBA, OTR/L, FAOTA, ScD (Hon); the annual Breakfast with a Scholar with internationally recognized psychologist, professor, and lecturer Brian Little, MD, on Friday morning; and the Eleanor Clark Slagle Lecture, presented this year by Janice P. Burke, PhD, OTR/L, FAOTA, on Friday evening.

AOTA conferences feature their fair share of revelry as well. After the keynote address Thursday evening, visit the grand opening of the Expo Hall for refreshments and hundreds of vendors showing off their OT wares. Friday night the American Occupational Therapy Foundation will host its annual gala, themed Havana Nights, at the Cuba Libre Restaurant and Rum Bar. Close out conference in grand style Saturday night with the Annual Awards and Recognition Ceremony, followed by the AOTPAC fundraiser, featuring a friendly karaoke competition.

While there is plenty at conference to keep your schedule full, there is also more than enough to do in this metropolitan city and its surrounding areas. Most notable, of course, are the world-renowned theme parks, with rides, entertainment and more than enough thrills for children of every age. The city also boasts nearly limitless opportunities to shop, play and eat. So while you may be here to work, don't forget those all-important leisure and self-care activities-Orlando has options like no other city!

To help you on your way, *ADVANCE* offers this guide to help you make the most of your time in Orlando. When you find yourself in the exhibit hall pay us a visit at the *ADVANCE* booth #1026 in the exhibit hall. We'll see you in the Sunshine State!

THEME PARKS

Walt Disney World

<http://disneyworld.disney.go.com>

What Not to Miss: Each Spring, Disney's EPCOT park gets a green makeover with the annual Flower and Garden Festival. Dozens of Disney-themed topiaries, a butterfly garden, educational programs conducted by top horticulturalists and big-name musical acts in the Flower Power weekend concerts.

What's New: Disney is always on the move. The newest attractions include the American Idol Experience and Toy Story Mania in the Hollywood Studios park and Expedition: Everest and Finding Nemo: The Musical at Disney's Animal Kingdom.

Universal Studios

www.universalorlando.com

What Not to Miss: If you're a coaster lover, Universal Orlando is the place for you. The resort's two parks feature three coasters: The Incredible Hulk, a linear-induction coaster that launches you from 0 to 40 m.p.h. in two seconds flat; the new Hollywood Rip Ride Rockit, the tallest coaster in Orlando; and the Revenge of the Mummy, an indoor coaster where you'll scream through total darkness.

What's New: Universal's newest attraction is the Hollywood Rip Ride Rockit coaster in its Universal Studios park. Pick your own song, then rock out to it as you ride at lightning speed. After the ride, edit your adventure into a music video and take a copy home to show

your friends. Universal is also set to open its newest themed area, the Wizarding World of Harry Potter, in its Islands of Adventure park. Though the grand opening isn't until June, park visitors are likely to catch glimpses of the new construction.

Sea World

www.seaworldorlando.com

What Not to Miss:

Seaworld opened its new coaster, Manta, last summer. The first-of-its-kind coaster positions riders horizontally-i.e., head first! - to cruise at speeds up to 65 m.p.h. through loops, spins, and a 2.5-foot close call with a waterfall. For a truly unique adventure, visit Sea World's Discovery Cove, designed to replicate a tropical getaway where you can lie on a white sand beach, snorkel with exotic fish and even swim with dolphins.

What's New: Sea World's newest park, Aquatica, just opened last year. It's a state-of-the-art water park designed in true Sea World fashion, with slides that take you through dolphin pools and lazy river rides through tanks filled with marine life.

DINING

Jack's Place

9700 International Drive

407-996-1787

www.jacksplacereastaurant.com

You might not see many celebrities during your stay in Orlando, but you can see their caricatures. Jack's claims the world's largest collection of autographed star caricatures. The gourmet menu features prime steaks and fresh seafood. Located in the Rosen Plaza Hotel.

Open daily at 5:30 p.m.

The Oceanaire

9101 International Drive

407-363-4801

www.theoceanaire.com

Oceanaire is committed to serving fresh, sustainably caught seafood flown in from around the globe daily. The culinary team emphasizes simplicity, seasonal preparations and regionally inspired dishes. Located in Pointe Orlando.

Sun.-Thurs. 5-10 p.m., Fri. and Sat. 5-11 p.m.

Everglades

9840 International Drive

407-996-2385

www.evergladesrestaurant.com

This Everglades-inspired restaurant offers classic entrees as well as regional fare, including gator chowder, tenderloin of buffalo, fresh seafood and other specialties. Located in the Rosen Centre Hotel, one of only three Two Palm Green Lodge (a meticulous environmental certification) hotels in Central Florida.

Open daily at 5:30 p.m.

Café Tu Tu Tango

8625 International Drive

407-248-2222

www.cafetututango.com

If you like eclectic, this is the place for you. The bohemian décor evokes a time when artists found inspiration and community in sharing food, drink and philosophy with one another. The café features tapas-style dining (small plates meant to be shared), so it's great for groups.

Sun.-Thurs. 11:30 a.m. - 11 p.m., Fri. and Sat. 11:30 a.m. - midnight.

ENTERTAINMENT COMPLEXES

Downtown Disney

<http://disneyworld.disney.go.com/destinations/downtown-disney/>

No park tickets needed but plenty of Disney magic! Watch the amazing acrobats of Cirque du Soleil in La Nouba; play with the latest in virtual reality and 3-D games at DisneyQuest; catch live music at the House of Blues Orlando; shop at the largest Disney store on Earth as well as many other unique shops; or eat at one of dozens of restaurants.

Universal's CityWalk

6000 Universal Boulevard

www.citywalk.com

Covering 30 acres, CityWalk has something for everyone. Dine at the complex's Jimmy Buffett, Bob Marley or NASCAR-themed restaurants, or the world's largest Hard Rock café. There are four nightclubs and several spots to catch live music. There are lots of unique shops, including a Universal Studios store for all your favorite movie, television and character merchandise.

Pointe Orlando

9101 International Dr.
407-248-2838
www.pointeorlando.com

If you need to be entertained, look no further than the Pointe, just a short trip north up International Drive from the convention center. This massive complex features an IMAX movie palace, dozens of eateries, unique and designer shopping, wine and rum bars, live music every night at B.B. King's Blues Club, and Wonderworks, an "amusement park for the mind" with over 100 interactive exhibits. Mon.-Sat. Noon - 10 p.m., Sun. Noon - 8 p.m.

GETTING AROUND

I Ride Trolley

The Orange County Convention Center is conveniently situated at the heart of International Drive, the main thoroughfare through downtown Orlando. The I-Ride Trolley service provides transportation along the International Drive resort area from 8:00 a.m. to 10:30 p.m. daily. Single fair is \$1.25, or \$.25 for seniors; kids under 12 ride free. Unlimited ride passes are available at \$4/1-day, \$6/3 days, \$8/5 days and \$10/7 days.

Visit www.internationaldriveorlando.com for an I-Ride map and more information on the service.

RESOURCES & LINKS

- www.internationaldriveorlando.com

Information on the International Drive resort area, including hotels, shopping, attractions, transportation and discount offers.

- www.occc.net

The Orange County Convention Center Web site offers attendees maps, information on convention center services and accessibility, and more.

- www.orlandoinfo.com

Visitor information and discounts on shopping, dining, hotels and attractions for the entire Orlando area.

CENTRAL FLORIDA WEATHER TIPS

Florida is the Sunshine State, and temperatures in April and May reach average highs in the mid-80s. As for any warm-weather climate, don't forget to stay hydrated, and apply sunscreen if you'll be out in the sun. Nights cool off to averages in the low 60s, so you may want a light jacket for the evenings.

Precipitation averages about 2-3 inches a month during this time of year, so Florida's legendary afternoon sunshowers aren't as common. However, it's still wise to bring an umbrella or poncho if you'll be spending a lot of time outdoors, especially at the theme parks.

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