

VOLUME 23
ISSUE 10
NOVEMBER
2021



COALITION

MILLIS COUNCIL ON AGING
900 MAIN STREET MILLIS, MA. 02054
508-376-7051

MONDAY-TUESDAY - WEDNESDAYS 9-4:00 THURSDAY 9-2 FRIDAYS 9-12:30

Friends of Millis' Council on Aging

President: Bryan Riley
Vice President: Steve Howie
Secretary: Everard Huggan
Treasurer: Brooks Corl
Member: Carole Greco

Council on Aging Board Members

Chairperson: Herbert Lannon Jr.
Vice Chair: Christine McCaffrey
Secretary: Helen Daly
HESSCO Representative: Open
Member: William Brown
Member: Lisette Walter
Member: Elizabeth Derwin

Staff (508) 376-7051

Director: Patty Kayo pkayo@millisma.gov
Outreach: Debbie Sand dsand@millisma.gov
Transportation: Linda Stetson
Dept. Asst. Sandy Moore
Drivers:
Herbert Lannon Jr. Robert Daly
Richard Posklensky Jack McBrien

State Representative:

David P. Linsky: 617-722-2575
Shawn Dooley: 617-722-2810
Senator, Rebecca Rausch: (617) 722-1555

Select Board

Chair-Peter Jurmain: pjurmain@millisma.gov Vice Chair-Erin Underhill : etund-erhill@millisma.gov Clerk- Craig Schultze: cschultze@millisma.gov

2023 Senior Citizens Tax Abatement Program Sign-Up

Each year the Town of Millis offers an opportunity for seniors to receive a property tax abatement of \$1,350 by working in a town department for a total of 100 hours. This program runs from December 1, 2021 through October 1, 2023. There are 20 pre-designated slots available. There are 15 slots designated for income eligible seniors with the remaining slots available to seniors who have a specific skill that can benefit a department. There is no guarantee that prior applicants will be matched to a former position. To be eligible, you must:

- Be aged 60 or older and own a home in Millis and pay property taxes on that home.
- The residence can not be held in a trust.
- The senior must be physically and cognitively able to fulfill the 100 hours of volunteer services.
- Meet program requirements, such as income limits and years of residency.
- Offer a skill that the town can use.

These slots fill up quickly and there will be no preferential treatment towards prior year participants. Applications will be available Monday, November 1st at the Center. We could also either e-mail or mail you an application. All applications must be submitted by Monday, November 12, 2021. **There are No exceptions to this deadline.**

Note: According to the guidelines for the program, the amount of the property tax reduction is not considered income or wages for purposes of state income tax withholding, unemployment compensation or workers' compensation. However, the abatement is considered taxable for federal tax purposes.

Medicare 101 Information Session—Brian Murphy from SHINE will be here on **Monday, October 1st from 1-2 PM** During the session, we will review the various parts of Medicare and how to enroll. We'll discuss what to do as you approach retirement and move from employer health coverage to Medicare. Participants will complete the session understanding how to shop for plans including Medigap, Medicare Advantage and Part D. We'll also discuss financial support to offset costs depending on income and assets. The session is intended for people approaching retirement, existing Medicare Beneficiaries that want to review their insurance options, and children of Medicare Beneficiaries that want to assist their parent(s) in Medicare selection options. Reservations are greatly appreciated.

Songs of WW11 with Ruth Harcovitz The Senior Center and the Millis Cultural Council have come together and are pleased to announce Millis native and singing star Ruth Harcovitz, with her program, SONGS OF WORLD WAR II, in observance of Veterans Day. This musical program will take place on **Wednesday, November 3rd at 1 PM** at the senior center, following a 12:30 lunch. Make your own sandwich bar will be available from 12:30-1 for \$3.00. Reservations for lunch and show are due by Monday, November 1st, and may be made by calling (508) 376-7051.

* This program is supported by a past grant from the Millis Cultural Council, a local agency, the Massachusetts Cultural Council, a state agency. Thank you to our Friends of Millis Council on Aging for also supporting this event.



Attorney Beth Murphy will be here on **Tuesday, November 9th from 2-3 p.m.** to assist Millis seniors in drafting and executing healthcare proxies, HIPAA releases, and powers of attorney. Please bring the legal names and addresses for anyone you might like to speak on your behalf if you are unable to speak for yourself. You should also bring a government issued photo ID as these documents will be notarized. Each participant will leave with a fully executed healthcare proxy, HIPAA release, and power of attorney. This event is sponsored by our Friends group and is only available to Millis residents. The cost is \$10 for the fully executed documents. Please call ahead to reserve your spot.

Thanksgiving Day Feast Bossy's Catering will be serving up a wonderful Thanksgiving Day meal and we will have Everade on the piano on **Monday, November 15th at 1:00**. We will be having a full course meal with all the fixings and Patty's famous ice cream pie. Please make a reservation and payment of \$7.00 before Tuesday, November 9th.

Muscle Mass and Why is it Important Why is physical activity, strength training and maintaining muscle mass so important for older adults? Muscles support physical strength and power. Maintaining muscle mass reduces the risk of falls and bone fractures and supports a healthy metabolism and weight. Kelsy McEntree our HESSCO dietitian will be here on **Tuesday, November 23 at 2pm** to show us ways to maintain muscle mass and which foods are the best to eat. Please call ahead and reserve your spot at this very informative presentation.

TAI CHI with Tony Berg This class will focus primarily on the therapeutic aspects of Tai Chi, while the martial/ self-defense and performance aspects will be secondary, discussed only as an aid to learning the various forms. We will be practicing Yang style Tai Chi, which is the most popular of the five traditional schools of Tai Chi. The slow, controlled movements of Tai Chi improve concentration, strength, endurance, flexibility, balance, coordination, and poise. We learn to release unnecessary tension from the body and increase relaxed awareness. The movements and postures are easily modified to fit individual needs. Tony will be here every **Tuesday at 9**. Classes are \$3.00 per class.

GRAB AND GO LUNCH from HESSCO Every Thursday from 11:15-12 HESSCO is offering a packed lunch which consists of a sandwich, chips, side salad, dessert and lemonade for a suggested donation of \$3. Every week the sandwich is different. Week 1: Chicken Salad, Week 2: Turkey & Cheese, Week 3: Seafood Salad, Week 4: Ham & Cheese, Week 5: Tuna Salad Please call the Center at 376-7051 by noon the Friday before to order.

GEOLOGICAL WONDERS Presenter, Susan Steele will be taking you on an amazing journey to the following locations to discover the world's greatest geological wonders. **Wednesdays from 11:00- 12:00** This month is as follows: November 3rd ~ Yellowstone & Kawah Ijen, November 10th~ Iceland & Maldives, November 17th ~ The Dead Sea & Siwa Oasis.

Nanak's Kitchen The Sikh Dharma food relief program is providing bags of nonperishable organic, vegan foods to anyone in need at the Council on Aging every Monday from 9-11 **All are welcome.**

Home Cooked Breakfast Sandwiches to all volunteers who help fold our COA newsletter. On Friday, November 19th from 8:30- 10:30. Call the Center to get your name on the list.

Stretch & Flow Yoga In yoga class at the Senior Center we practice gentle stretches, flowing movement and breathing exercises. The class is adaptable and really is for everyone! You can use a chair or bring your own mat if you prefer to be seated on the floor. Several levels of modification are given, you will go at your own pace. In this class you will be encouraged to move with ease, never forcing or pushing yourself to a place where you feel uncomfortable. The class concludes with a breathing exercise and a few minutes in deep relaxation. My hope is that you will leave the class feeling refreshed, rejuvenated and ready to take on your day with grace and an optimistic mindset. The class meets **every Friday at 9:30**. The cost is \$3.00.

Technological Training for Multi- Devices Having trouble with your laptop, smart phone or tablet? Bob Bryant is available to assist you with any device that is giving you problems. Bob is very knowledgeable with technology and will be available by appointment every **Monday from 10-12**. This is by appointment only. Please call the Center to schedule a session with Bob in advance.

BLOOD PRESSURE CHECKS We have a registered volunteer nurse that will provide a blood pressure check for you every **Thursday from 11:00-11:30** in room 21.

Cribbage Come join the Cribbage group any Monday or Friday from 9:30-12. Everyone is welcome! It's a great group of people. Come on down!

BINGO Will be held every Thursday at 12:15 in room 21. SUPER Bingo (the last pot is worth \$25) is every 2nd and last Thursday of the month. Come on down!

Line Dancing with Jeanne If you have interest in joining the "Silver Streaks" every **Thursday morning @ 10:15 am in Room 18**, and have the basic rudiments of footwork used in Line Dancing, i.e., the grapevine, the jazz block, stomps, scuffs, taps, shuffle steps and pivots, come join us! The class is \$4.00 per class payable at the time of class. Please call (508)376-7051 to reserve your spot. For further information you can contact Jeanne Thompson @jat0535@comcast.net.

FITNESS ROOM: Monday, Tuesday, Wednesday 9-4 Thursday 9-2 Friday 9-12:30

Why pay expensive gym fees when you can come to your Senior Center and work out with friends? We have 2 treadmills, recumbent bike, upright bike, Elliptical machine and a 7 piece hydraulic circuit training station. All that is needed is a completed application, medical release from your doctor and view an instructional video, all which can be found on the COA website at millisma.gov. An annual fee of \$100 covers our maintenance costs and other related expenses. Please contact us at 376-7051 if interested. Hope to see you soon!

Thank you to those of you who support us with contributions and donations. If you have anything to donate to "Candy's Corner" please drop your items off. We appreciate jewelry, knick-knacks, purses, small kitchen gadgets, and holiday decorations.

Marcia Carini for the Candy's Corner items~ Debbie Quinn for the Candy's Corner items ~ Barry Gallagher for the Candy's Corner items

The Town of Millis offers help to individuals and families, both elders and non-elders, who need information and referrals for community, local, state or federal benefits. You may contact us yourself or call us, in confidence, with concerns or questions for a friend, neighbor, or family member. Outreach is available by appointment to assist with information, referrals, benefits counseling, support groups, age related issues and help in finding resources including, health benefits counseling, free legal counseling (advocacy) for housing/financial or other concerns. Please call about our services for senior citizens, adults, and families.

**Outreach Worker ~ Debbie Sand
Monday ~ Tuesday ~ Wednesday 9-4**

November is National Family Caregiver Month. Caregiving is a tough job and can take a significant emotional, physical and financial toll. Caregivers lovingly give baths, clean houses, shop for, comfort, and do a million different things for their elderly, ill, or disabled friends and family. Here are 4 ways to support a caregiver.

1. Provide respite (a break) for a caregiver
2. Spend time with a caregiver, from having lunch to doing an activity
3. Lend a helping hand to a caregiver
4. Give a gift or a thank you card to a caregiver

For caregivers, you are not alone. There are many local caregiver support groups, both in person and virtually. Please call me for a list and caregiver support information.

The holidays are quickly approaching. Will you be home alone? Would you like a Thanksgiving or Christmas dinner delivered to your house? If yes, please call me to have your name placed on the list. The Holiday meals are provided through Hessco's Meals on Wheels program and available to anyone who will be alone during the Holidays.

Do you need assistance with leaf clean-up this fall or snow shoveling this winter? We have some volunteers through Spreading the Joy that are willing to help. Please let me know if you need assistance.

Medfield's Kingsbury Club Senior Swim Program is now open to Millis COA members. The Kingsbury Club is offering two times a week when just seniors use the pool, **Tuesdays 10:30-11:30 and Fridays 10am - 11am**. The fee is \$5 per visit. In the summer the schedule changes a bit and it is one time per week. COA members will have to present their COA key tag that indicates they are a member of the COA when entering the club.

Senior Van Schedule

Monday thru Friday

Medical appointments available 8-1p.m.

2nd and 4th Thursdays

Bellingham Market Basket/ Walmart

Medical Appointments take priority over all trips

\$2.00 in town \$3.00 Medway/ Bellingham
\$5.00 Framingham/Norwood
\$20.00 Boston
\$10.00 Newton/Dedham \$25.00 Boston

Transportation to Medical Appointments We are available Monday through Thursday 8-2 Friday 8-12:30 to provide transportation to your local and Boston bound medical appointments. We have 2 handicapped equipped vans and one standard vehicle that provide transportation for our Millis seniors. Our drivers are friendly and accommodating and will ensure your trip goes smoothly. Please call as soon as you get your appointment and we will do everything possible to assist you.

**FOR TRANSPORTATION PLEASE CALL:
(508) 376-7051**

Shopping Did you know that we offer transportation to Market Basket and Walmart every second and fourth Thursday of the month at 8:00am (\$3.00) This is a curb to curb service. All passengers must be able to manage their own grocery bags in and out of the van. Please call the Center two days prior for a reservation. Happy shopping!

REGULAR ACTIVITIES

Bread and pastry available every day. Courtesy of Blue Moon Bakery, Roche Bro's, Shaws and Country Kitchen

MONDAY

9- 7 ~ *Fitness Room*
 9:00 ~*Enhance Fitness*
 9-11 Nanak's Kitchen Food Relief Program
 9:30 ~Cribbage
 10-12 ~Device Training

TUESDAY

9-4 ~*Fitness Room*
 9-10 ~*Tai Chi with Tony*
 9:30 -1 ~*Crafty Ladies*
 10-11~ *Swimming Wrentham Pool*
 (508) 384-6735 Peter

WEDNESDAY

9-4 ~*Fitness Room*
 10:00 ~*Enhance Fitness*
 10:00~ *Friends Meeting~*
 Wednesday after COA meeting
 2-3~ *Swimming Wrentham Pool*
 (508) 384-6735 Peter

THURSDAY

8:00~ *2nd & 4th Grocery Shopping*
 9-4 *Fitness Room*
 9:30-12:30~ *1st & 3rd Thursday~ Shine*
 (Days may vary) Please call
 10:15-11:15~ *Line Dancing*
 11:00- 11:30~ *Blood Pressure Clinic*
 11:15-12 *Grab and Go Lunch*
 12:15~ *Bingo*

FRIDAY

9-12 *Fitness Room*
 9:00 *Enhance Fitness*
 9:00~*2nd Friday only~ COA Meeting*
 9:30~ *Stretch & Flow Yoga*
 9:30 *Cribbage*
 10-11~ *Swimming Wrentham Pool*
 (508) 384-6735 Peter

Kathy O'Neil
 COA Kitchen
 508-376-7056



Please call Kathy if you are interested in driving or helping in the kitchen.

MONDAY

1.
 9-11 Nanak's Kitchen Food Relief Program
 9-4 Fitness Room
 9-10 Enhance Fitness
 9:30 Cribbage
 10-12 Device Training
 1:00 Medicare 101 with SHINE

8.
 9-11 Nanak's Kitchen Food Relief Program
 9-4 Fitness Room
 9-10 Enhance Fitness
 9:30 Cribbage
 10-12 Device Training

15.
 9-11 Nanak's Kitchen Food Relief Program
 9-4 Fitness Room
 9-10 Enhance Fitness
 9:30 Cribbage
 10-12 Device Training
 1:00 Thanksgiving Day Feast

22.
 9-11 Nanak's Kitchen Food Relief Program
 9-4 Fitness Room
 9-10 Enhance Fitness
 9:30 Cribbage
 10-12 Device Training

29.
 9-11 Nanak's Kitchen Food Relief Program
 9-4 Fitness Room
 9-10 Enhance Fitness
 9:30 Cribbage
 10-12 Device Training

TUESDAY

2.
 9-10 Tai Chi with Tony
 9-4 Fitness Room
 9:30-1 *Crafty Ladies*

9.
 9-10 Tai Chi with Tony
 9-4 Fitness Room
 9:30-1 *Crafty Ladies*
 2:00 *Attorney Beth Murphy*
Notarized Documents

16.
 9-10 Tai Chi with Tony
 9-4 Fitness Room
 9:30-1 *Crafty Ladies*

23.
 9-10 Tai Chi with Tony
 9-4 Fitness Room
 9:30-1 *Crafty Ladies*

30.
 9-10 Tai Chi with Tony
 9-4 Fitness Room
 9:30-1 *Crafty Ladies*

WEDNESDAY

3.
 9-2 Fitness Room
 10-11 Enhance Fitness
 11 Geological Wonders
 1:00 *Songs of WWI*
Harcovitz
 1 *Richardson's Poetry*

10.
 9-2 Fitness Room
 10-11 Enhance Fitness
 10 Friends Meeting
 11 Geological Wonders
 1 *Richardson's Poetry*

17.
 9-2 Fitness Room
 10-11 Enhance Fitness
 11 Geological Wonders
 1 *Richardson's Poetry*



24.
 9-2 Fitness Room
 10-11 Enhance Fitness
 1 *Richardson's Poetry*

Stretch & Flow Yoga Friday at 9:30

Several levels of modification are given. Class is \$3.00.

Tai Chi with Tony Berg Tuesday's at 9:00

The slow, controlled movements of Tai Chi improve concentration, strength, endurance, flexibility, balance, coordination, and poise. Learn to release unnecessary tension from the body and increase relaxed awareness. The movements and postures are easily modified to fit individual needs. Class is \$3.00

DAY	THURSDAY	FRIDAY
Fitness Club 1 Ruth and Ladies	4. 9-4 Fitness Room 9 COA Board Meeting 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Bingo	5. 9-12:30 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
Fitness Club and Ladies	11. 	12. 8 Market Basket 9-12:30 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
Fitness Club and Ladies	18. 9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo	19. 8:30-10:30 Newsletter Mail- ing ~ egg sandwich 9-12:30 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
Fitness Club and Ladies	25. 	26.

November

Main Street Podiatry at the Center from 9-11

December 1st

Pre registration for appointments will be required.

We will mail or email you a form that can be filled out prior to your visit. Please bring your insurance cards and completed form to the first visit. Please note that Home visits can be arranged by calling the Senior Center or Main Street Podiatry (508) 533-3500. Co- pays may apply. Please check with your insurance co.

Transportation Coordinator:

Linda Stetson

376-7051

9-am -1pm

Transportation Available

- Monday - Thursday's 8-2 and Friday's 8-12:30
- Masks are required for all passengers and driver.
- We will clean and disinfect commonly touched surfaces in the vehicle at the end of each shift and between transporting passengers.

Face masks are strongly suggested for entry to the Center if you have not been fully vaccinated

BECOME A LIAISON FOR YOUR COMMUNITY



From HESSCO Elder Services

We are looking for a Community Director from Millis for the HESSCO Board of Directors.

The role of a Community Director is to act as a liaison to his/her community, to report on the activities of the HESSCO Board, to report the needs and concerns of area elders to the HESSCO Board, and to formulate policy for the Corporation.

The Community Director does not need to be a member of the Council on Aging, but does need to be a resident of the town.

The board meets on the second Wednesday of the month at 9:30 at the HESSCO office but we are currently meeting through a Zoom meeting.

If interested please call Patty @ 376-7051

Bingo Madness

Every Thursday from 12:15- 2:30.

Super Bingo is the 2nd and last Thursday of the month! Last pot is worth \$25



TRIPS



Yuletide Newport December 6th \$99.00 PP

8:30 AM Depart onboard your luxury Silver Fox CD/DVD/WiFi Motor Coach and join your friends on a delightful holiday tour combining the beautifully decorated mansions of Newport, Rhode Island and the magnificent lighting display at LaSalette Shrine. You'll first visit Newport's grand Marble House Mansion, decorated in holiday ornaments and displays. A delicious luncheon is included at The Quonset Point Officer's Club and featuring entrée choices of Fresh Baked Scrod or Baked Chicken.

Early this evening a spectacle awaits you at LaSalette, where New England's largest and most colorful Christmas light display is held. You'll return home at approximately 7:00 PM with enlivened holiday spirits after a day visiting Newport and LaSalette.

**Please note that a copy of your vaccination card is required to board the bus. May be a hard copy or available on your phone.*

MILLIS COUNCIL ON AGING TRIP POLICIES

Please call the COA office at 508-376-7051 to make trip reservations. Chose entrée at time of reservation.

2. Payment must be made in check form. Checks Payable to Fox Tours, mail to: COA, Town Hall, 900 Main Street, Millis, MA 02054. Make a separate check for each trip.

3. Payment is due as specified in each description. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you may find someone to go in your place. Payment will not be refunded if your cancellation results in any expense to the COA.

4. ***Please always bring a copy of your FILE OF LIFE card with you on trips. They will be checked.***

Why should I donate to the Friends of the COA?

- ◆ The objective of The Friends of Millis' COA, Inc. is to help raise funds for the Senior Center by purchasing and donating to the Millis COA any items above and beyond what the town or the Commonwealth provides.
- ◆ All money raised is used for senior programs and activities to perpetuate the well-being of our senior citizens and to help enrich their community interest.
- ◆ Some familiar programs that are supported by the Friends are exercise classes, vehicles and other transportation needs, holiday meals, the annual volunteer luncheon, and many more!
- ◆ It's only \$6.00/year! This money goes a long way in supporting our Senior Community.
- ◆ If your mailing label has a \$ after your name it's time to renew your membership.

Thank you very much!

DUES \$6 INDIVIDUAL PER YEAR
Please mail checks to 900 Main Street, Millis

Names of contributors will be listed in the newsletter each month. Any interested adult can be a member of The Friends. *All donations are tax deductible.

Name: _____

Address: _____

Your Tax Deductible Donation to the Senior Center Fits All Occasions

Your Name: _____

Address: _____

Donation Amount: \$ _____

Select One: *In Memory Of:* *In Honor Of:* *In Celebration Of:* *Donation For:*



Happy Thanksgiving from your friends at the Center!!!!

Knock knock! Who's there? Tamara. Tamara who? Tamara we'll eat all the leftovers!

Knock knock! Who's there? Annie. Annie who? Annie body seen the turkey?

Knock knock! Who's there? Arthur. Arthur who? Arthur any leftovers?

Knock knock! Who's there? Don. Don who? Don eat all the gravy, I want some more.

Knock knock! Who's there? Norma Lee. Norma Lee who? Norma Lee I don't drink eat this much!

Why did the cranberries turn red? Because they saw the turkey dressing.

What do you call a running turkey? Fast food.

How come the turkey didn't eat dinner? He was already stuffed.

What happened to the turkey that got in a fight? He got the stuffing knocked out of him!

Why didn't the cook season the Thanksgiving turkey? There was no thyme!

Why do pilgrims' pants always fall down? Because they wear their buckles on their hats!

Many thanks to those who support our activities through dues and donations.

You're the best!!!

Dues were received from: Barbara Koman, Judie Ackerman

Dues with extra donations were received from: Thomas Frasca, Stephen Lappen & Anita Sadek-Lapen, Anne McManus, Theodore & Dorothy Iorio, Mary Skilling, Elaine Donovan & Marianne Bellefontaine, MaryAnn Nowak, James Maxant, Judy & David Pearl, Janet Walsh, Fred & Denise Maas, Norman & Barbara LeBlanc, Barbara Flanagan, Luella & Ted Burbank, Ed Chisholm, Patricia Shannon, Sonja & John Dmytryck, Elaine Jule, Geri & John Sprague, Robert & Carolyn Gentile

Donations for the Van were received from:

Donations to the Center were received from:

Donation in memory of James Fiatarone received from: Judy Fiatarone

Donation in memory of Michael Mushnick received from: Carol Mushnick

Donation in memory of Vi Johnson received from: Mary Skilling

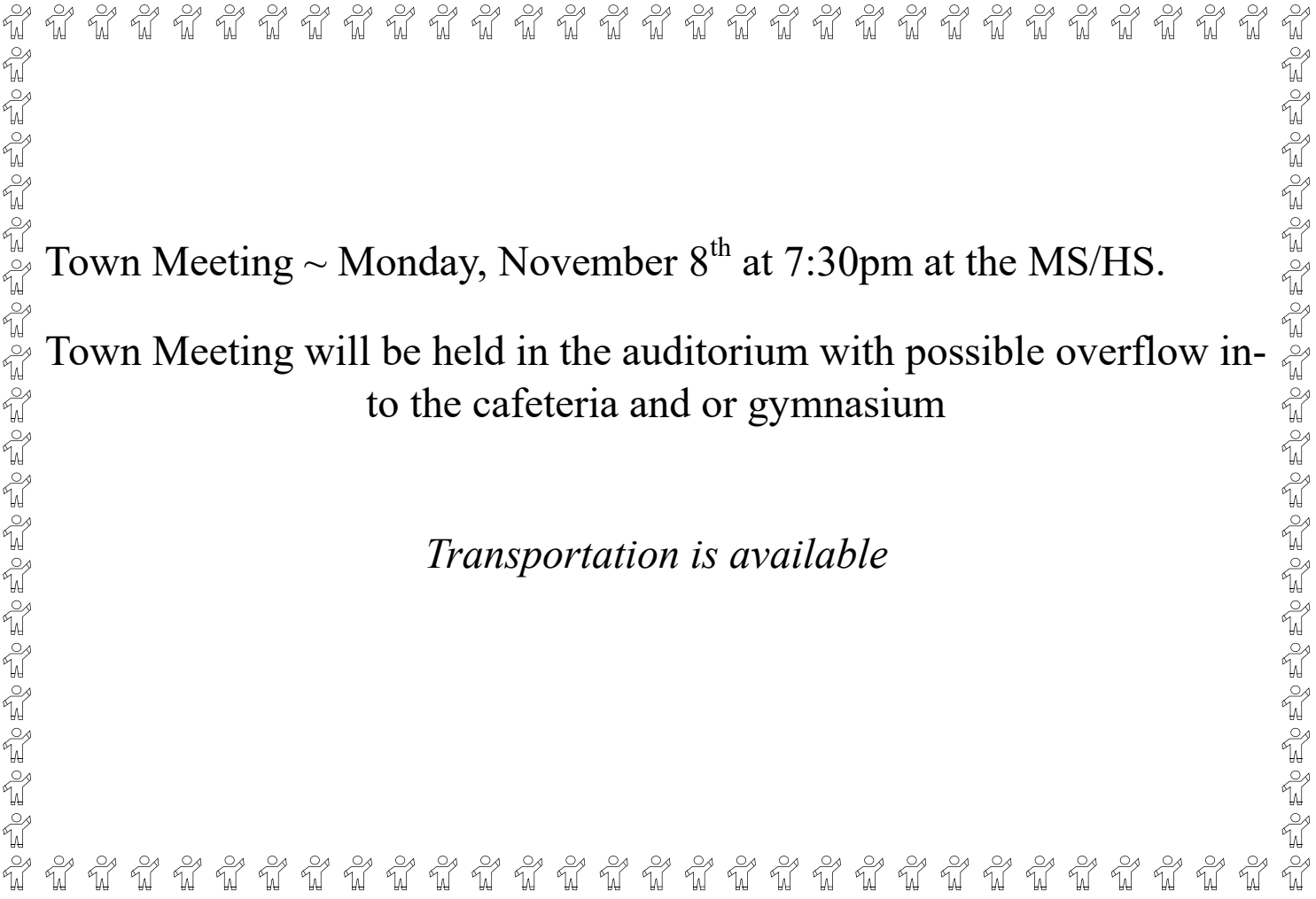
Donation in memory of Michael P. O'Neil received from: Judith O'Neil

Donation in memory of Marcia & Dick DeFanti received from: Stephen Lappen & Anita Sadek-Lapen,

In Memory of:

Sophia Sgourakas ~ Ruth McFetridge ~ Robert Jones ~ Sophia Sgourakes ~ Ruth Ann McFetridge ~ Catherine Felton ~ Ruth Bloom





Town Meeting ~ Monday, November 8th at 7:30pm at the MS/HS.

Town Meeting will be held in the auditorium with possible overflow in-
to the cafeteria and or gymnasium

Transportation is available

COALITION

MILLIS
COUNCIL ON
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Millis Council on Aging
Veterans Memorial Building
900 Main Street
Millis, MA 02054
Phone: 508 376-7051
Kitchen: 376-7056
Fax: 508 376-7054

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This newsletter is brought to you by a grant from Executive Office of Elder Affairs and The Friends of Millis