



Lila Ruth Golos

December 12, 2016

Lila Ruth Golos, 86, died peacefully in her sleep in the early morning of December 12, 2016 from complications with Parkinson's disease. Daughter to Shephard and Pearl Morris, Lila was born in Rochester, New York on May 28, 1930. She married Ellery Golos on March 20, 1965 and they spent the next 40 years in Athens, Ohio before moving to Minnesota.

Lila was always full of life and love. A free spirit, she took off to the big city at a young age creating a lifetime of memories working at Capitol Records in New York City and ultimately meeting her husband Ellery. She then joined him in Athens where he taught at Ohio University. While working in Athens as a realtor, Lila created the Moving Experience (M.E.) a group dedicated to helping people make connections and transition to a new town. Her infectious personality drew others to her ultimately changing their lives for the better. After being diagnosed with Parkinson's, she became passionate about the cause establishing and leading a group at the Struthers Parkinson's Center in Golden Valley, MN for those who were newly diagnosed.

Ahead of her time in many ways, Lila was a true inspiration. She loved alternative healing, music, dining and entertaining. She always had time to lend an ear to anyone, whether close friends, family or even strangers. She

was well loved by many from coast to coast.

Lila was preceded in death by her parents and sister Jerry Fineberg. She is survived by her husband, Ellery Golos, daughter Pam Golos and daughter and son-in-law Debbie and Michael Schmitz, her sister Helen Bergman, brothers Irv and Bob Morris and many loving cousins, nieces, and nephews.

A funeral service will take place at Adath Jeshurun Congregation in Minnetonka, MN at 11am on Thursday, December 15th at 10500 Hillside Ln W, Minnetonka, MN 55305

followed by Interment at Adath Chesed Shel Emes Cemetery.
Shiva will be Thursday & Sunday at 7:00 pm

In lieu of flowers, donations may be sent to the Struthers Parkinson's Center in Golden Valley, MN.

Arrangements by Adath Jeshurun Chevra Kavod Hamet and Washburn-McReavy 952-920-3996.

Tribute Wall

GR

“ I was diagnosed with Parkinson’s disease four years ago. For over two years, I relied on Levodopa and several other medications, but unfortunately, the symptoms kept getting worse. The tremors became more noticeable, and my balance and mobility started to decline quickly. Last year, out of desperation and hope, I decided to try a herbal treatment program from NaturePath Herbal Clinic. Honestly, I was skeptical at first, but within a few months of starting the treatment, I began to notice real changes. My movements became smoother, the tremors subsided, and I felt steadier on my feet. Incredibly, I also regained much of my energy and confidence. It’s been a life-changing experience I feel more like myself again, better than I’ve felt in years. If you or a loved one is struggling with Parkinson’s disease, I truly recommend looking into their natural approach. You can visit their website at [www.naturepathherbalclinic .com](http://www.naturepathherbalclinic.com)

Greta - October 29, 2025 at 06:42 PM

MM

“ My wife was diagnosed with Parkinson's Disease at age 59. She had severe calf pain, muscle pain, tremors, slurred speech, frequent falls, loss of balance, difficulty in getting up from sitting position. She was put on Sinemet for 6 months and then Sifrol was introduced and replaced the Senemet. During this time span she was also diagnosed with dementia. She started having hallucinations, lost touch with reality. This year, our family doctor started her on Tree of life Health Clinic Parkinson's Disease Herbal mixture, 1 month into treatment she improved dramatically. At the end of the full treatment course, the disease is totally under control. No case of dementia, hallucination, weakness, muscle pain or tremors. all thanks to Tree of Life Clinic, Visit Tree of life Health Clinic website www.treeoflifeherbalclinic.com She is strong again and able to go about daily activities.

Maclean Makon - March 24, 2021 at 07:46 AM

YM

“ My deepest sympathies on your loss. May you draw some comfort from the words found at Isaiah 25:8. Soon our enemy death will be swallowed up forever.

Y. McBeath - December 14, 2016 at 12:57 PM