



Michael D. LaCasse

June 16, 1989 - January 19, 2024

Michael D. LaCasse 6/16/89-1/19/24 owner of True Strength Coaching in Hudson, NY passed away after a brief illness. A 2007 graduate of Hudson High School, where he developed a passion for athletics, lettering in football, baseball, and track and he continued that passion afterward as a graduate of Sage College of Albany with a Bachelor's Degree in Human Biology/Pre-Physical Therapy. Michael's passion led him to mentor many athletes at his alma mater, Hudson High School, while simultaneously training himself at the former Railroad Crossfit. During this time, Michael became a Certified Strength and Conditioning Specialist now working to help others improve or heal.

Whether Michael was training or training with others, he always found time to leave a kind and encouraging word or flash his trademark smile, a smile that touched so many. Michael was an avid sports fan and loved watching the Mets and Packers play, whether gathered around the TV or live at the stadium. Music was a staple in his life and he danced his way through many concerts and festivals, loving every minute. Michael was always ready to go somewhere he had never been, try a new restaurant, make new friends, and find new life experiences. He was passionate and eager to find all life had to offer him. Most of all he enjoyed sharing these moments with the ones he loved. Michael's presence touched the lives of so many and the joy he carried lives on through all that had the pleasure to know him.

Michael was predeceased by his father, Bob and is survived by his mother Rita (Ranzoni) LaCasse. The beloved brother of Bob Jr. (Heather) and Joe as well as his nieces and nephews; Caleb and Connor, Maya, Nina, Isaac and Vinny who will miss their uncle Michael dearly.

Calling hours will be on Thursday, January 25th from 10-1 at Sacco Funeral Home 700 Town Hall Drive Hudson. A memorial service will be conducted by father Stephen Yusko, with internment immediately following at Cedar Park Cemetery. Michael's final act of altruism was as an organ donor. In lieu of flowers, the family is asking that donations be sent to donatelife.net in the memory of Michael so that others may be offered a second chance through organ donation.

The family would like to express their sincere thanks to all of the healthcare workers in the Ellis Hospital ICU who went above and beyond to support Michael's family and friends over the last few weeks.

Previous Events

Calling Hours

JAN **25**. 10:00 AM - 1:00 PM (ET)

Sacco Funeral Home
700 Town Hall Dr
Hudson, NY 12534
(518) 828-5000
smvfh700@gmail.com
<https://www.saccofuneralhome.com/>

Funeral Service

JAN **25**. 1:00 PM - 1:20 PM (ET)

Sacco Funeral Home
700 Town Hall Dr
Hudson, NY 12534
(518) 828-5000
smvfh700@gmail.com
<https://www.saccofuneralhome.com/>

Committal Prayers

JAN **25**. 2:00 PM - 2:20 PM (ET)

Cedar Park Cemetery
20 Columbia Tpke.
Hudson, NY 12534
(518) 828-0517

Tribute Wall

MC

“ *What a great, genuine guy you were. I can remember your smile like it was yesterday, and your laugh too. Lots of good memories at Sage. Rest in peace Mike.*



Melissa Cross - January 25, 2024 at 08:10 PM

DW

“ *Sorry I won't be able to make the service today but please know I'm thinking of you all*
💔



Dennis Waterhouse - January 25, 2024 at 08:03 AM

MS

“ *Matt S. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Michael D. LaCasse.*

Matt S. - January 24, 2024 at 09:22 PM



“ *Simply Elegant Spathiphyllum was purchased for the family of Michael D. LaCasse.*



January 24, 2024 at 01:04 PM

CR

“ Christopher R. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Michael D. LaCasse.

Christopher R. - January 23, 2024 at 06:46 PM

HJ

“ Mike was the most friendly staff member when he worked at Club Life fitness. He always acknowledged you with his warm smile. Very sad to hear of his untimely passing.



Heather Joralemon - January 23, 2024 at 05:41 PM



“ Kathy Platti lit a candle in memory of Michael LaCasse



Kathy Platti - January 23, 2024 at 05:02 PM

MH

“ Mary Horner lit a candle in memory of Michael LaCasse



Mary Ann Horner - January 23, 2024 at 11:28 AM



“ *Beautiful in Blue was purchased for the family of Michael D. LaCasse.*



January 23, 2024 at 09:28 AM



“ *Michael was my trainer. He had me doing things I never thought I would be able to do. He was kind, gentle and fun to be around. I will miss him a lot and will be joining him soon.*

Anthony Welcome - January 23, 2024 at 08:27 AM



“ *I remember Mike while I worked at the school and will always remember that (sometimes mischievous) smile of his. My sincere sympathy to Rita, Bobby and Joe.*



Pam Kline - January 22, 2024 at 05:39 PM



“ *Deb Barnes lit a candle in memory of Michael D. LaCasse*



Deb Barnes - January 22, 2024 at 01:23 PM

EC

“ So sad for your loss. Will miss seeing Mike on my daily walks. Always had a smile and kind words Sending love and prayers for the family

□



Elizabeth Coleman - January 22, 2024 at 01:16 PM

CG

“ Cathy Morrison Gierka lit a candle in memory of Michael D. LaCasse



Cathy Morrison Gierka - January 22, 2024 at 09:32 AM

DD

“ Danielle D. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Michael D. LaCasse.

Danielle D. - January 22, 2024 at 08:18 AM

JM

“ Joseph Murell lit a candle in memory of Michael LaCasse



Joseph Murell - January 22, 2024 at 04:56 AM

DS

“ So sorry for your loss.His smile let you you what a nice boy he was.*Diane and BJ Sacco*

diane sacco - January 22, 2024 at 03:07 AM