



Kristen Ann Sandstrom

September 9, 1971 - August 16, 2021

Kristen Ann Sandstrom left this world just after midnight on August 16, 2021, just a few weeks shy of her fiftieth birthday. She is survived by her husband Kevin Murray, her children Aidan and Colin Murray, her parents Richard and Ann Sandstrom, her brother and sister-in-law Richard and Laura Sandstrom, nephew Erik Sandstrom, and a large group of extended family, friends, and admirers. She had the benefit of many dear friends and who were always there for her when she needed them.

Kristen was born on September 9, 1971 in Southampton, NY where she lived until going off to college at the State University of New York at Buffalo. At UB, Kristen earned a B.S. in psychology and social work and then an MBA with a focus on Human Resources; leading to a successful corporate career where she combined her education with her one-of-a-kind nature to help others be their best. She married Kevin in 1998 and they settled in Raleigh, then Cary, NC. Her son Aidan was born in 2006 and Colin followed in 2009.

Kristen approached life with a smile for everyone, deep caring for others, and a seemingly effortless near perfection about everything she did. She had a host of admirers who sought her out for advice or a willing ear and always left feeling better. Kristen was a marathoner and a triathlete who was at bootcamps almost every day at the gym encouraging others to be their best. On days she wasn't at the gym, and some days when she was, she was doing yoga. She had a strong focus on her health but she also loved her ice cream. Most times it was vanilla with rainbow sprinkles but sometimes it was coffee, cake batter, or more exotic flavors. Kristen also loved a clean space with everything in its place. She didn't rest until everyone was comfortable and everything was put away.

What Kristen loved most in the world was spending time with her family. Family time was sacred in her house. That included dinners, weekly game and movie nights, family tv and reading, and regular excursions to the zoo, museums, movies, and various outdoor adventures. She enjoyed regular date nights with Kevin for dinner, a movie, or shopping. She called her parents every day, had a close bond with her brother, and adored her boys.

She raised them to have a sense of confidence in their abilities, generosity and humility in their approach to others, and a mission to find their joy in life.

Kristen's life was far shorter than is fair for anyone. The last six years of her life were particularly hard after a shocking cancer diagnosis. After her diagnosis, Kristen did everything in her power to be here as long as possible for her boys and to minimize the disruption to their young lives. She was often seen at the gym just days after debilitating treatments, and occasionally on the same day. She sought out the best care and traveled wherever she needed to try new treatments to help her and, barring that, help the next person in her situation.

In her short time, she made a tremendous impact on the lives of everyone she knew. She wanted everyone to do their best, take care of themselves, help each other, try not to fight, and make time to enjoy life. We miss her dearly.

Tribute Wall

MF

“ *Imet kristen wen she was a fiance to my cousin & got nothing but good vibes & a luvlyPerson. My cousin found his perfect match. (HowSum1 so nice works in cut throat human resources I dont know). She's forever in my mem.*

MaryJaneButler formerlySyracuseNy - August 22, 2021 at 06:47 PM

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“ *Clara, Mariana & Holly purchased the Emerald Garden Basket for the family of Kristen Ann Sandstrom.*



Clara, Mariana & Holly - August 19, 2021 at 11:57 AM



“ *Ocean Breeze Spray was purchased for the family of Kristen Ann Sandstrom.*



August 18, 2021 at 03:30 PM