



*Kristina Elizabeth Rose
Abernathy*

May 22, 1990 - Nov. 27, 2025

Kristina Elizabeth Rose Abernathy, 35, of Morganton, North Carolina, passed away on November 27, 2025. She was born on May 22, 1990, and her life, though far too short, touched many hearts in ways that will never be forgotten.

Kristina is survived by her parents, Dennis Edward Abernathy and Ellen Whisnant Abernathy; her sister, Kayla Ashley Spring Abernathy, and wife, Kayla P. Abernathy; her brother, Joshua Lewis and wife, Mindy; her beloved sons, Damon Wyatt Reep and Brantley Allen Rose; her biological father, James Edward Adkins; her maternal grandmother, Laura Withrow Whisnant; her nephews, Elijah N. Perry and Terry L. Lewis; her niece, Miracle D. Lindsey; and a number of aunts, uncles, and cousins who cherished her.

She was preceded in death by her biological mother, Katherine Denise Sain; her sister, Skyla Sain Nieves; her paternal grandparents, Billy J. Abernathy and Hazel Bailey Abernathy; her maternal grandfather, Donald Wilson Whisnant; her maternal biological grandparents, Charles and Joann Sain; and her paternal biological grandparents, Allen and Evelyn Church.

Kristina loved her family and friends unconditionally and had a deep, genuine desire to help people. She was kind and thoughtful and sweet—always giving of herself,

even when she didn't have much of her own to give. She brought light into dark places for many, offering comfort, compassion, and warmth that made others feel seen and cared for. Her absence leaves an ache that words cannot touch, and she will be deeply missed by all who knew and loved her.

A memorial service will be held at 3 p.m., Saturday, February 14, 2026, at Quaker Meadows Presbyterian Church, Morganton, North Carolina, followed immediately by the interment of her ashes in the church cemetery.

Sossoman Funeral Home and Crematory Center is assisting the family with the arrangements.

Tribute Wall



Your were the best aunt anyone could ask for. I know you'll be watching me do my stupid stuff you use to love thank you for everything I'll miss you so much girl I love you I'll never forget you

—Chey



I met Kristina in my high school chorus class. She had a beautiful singing voice and and her speaking voice sounded like an actual angel even when she wasn't happy about something. Before the semester was over she allowed me to call her Tina as a nickname and I've been calling her that ever since. We were not best friends and we did not hang out all the time but every time I seen her we spoke and had us a good laugh. I will never forget how she showed me love and kindness even when the world was not kind to her. She will be truly missed and never forgotten. Rest easy sweet girl your voice will forever be played in my head

—Lea Jolly



—Angela Benton

