



Tri-Valley

Opportunity Council, Inc.

Employee Spotlight

Kristal Abrahamson

Senior Programs Coordinator

Crookston, MN

What's your name? Kristal Abrahamson

What's your title and location at Tri-Valley? Senior Programs Coordinator

What's your favorite thing about working in your position? The opportunity to connect and form relationships with the senior population.

Before working at Tri-Valley, what was the most unusual or interesting job you've ever had? I worked at a Veterinary Clinic for 8 years. Believe me you see some unusual and interesting things daily.

Tell us about your family and/or pets. I have a fiancé/husband (I'll call it a common law marriage, 19 years and counting :) Justin. We have 2 dogs Ellie Mae is 15 and Mila Mae is 6, they are Drahthaar's.

Do you have any hobbies? Bird watching. Auctions. I enjoy DIY projects but don't seem to have the time, definitely on the "to do" list when I retire.

If you could learn to do anything, what would it be? Sing and play instruments.

If you won the lottery, what is the first thing you would do? Pass out!! I'd probably take a vacation before having to deal with getting all my ducks in a row financially.

When you have 30 minutes of free time, how do you pass the time? Candy crush or play fetch with the dog.

What's your favorite indoor/outdoor activity? Anything lake related! We try to get there every weekend, there's so much to do outside winter or summer.

What chore do you absolutely hate doing? Washing pots and pans! Growing up dishes were part of our chores and it would take me hours to do a sink full because I hated (and still do) all the floaties in the water!

If you could meet anyone, living or dead, who would you meet and why? Any one of the Beatles. Who wouldn't want to hang out with legends!

What three traits define you? I smile a lot. I'm always positive. I have quite a few quirks but we won't get into those!

If you had to eat one meal, every day for the rest of your life, what would it be? STEAK

What are some things on your bucket list? Visit the Redwood forest, Smithsonian and attend a Barrett-Jackson auto auction.