

THE SILICON

September 2026

MAGAZINE



A Force of Nature Turning Lived Experience into Stories That Matter

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JENNY WHITE

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BY JENNY WHITE



2027

A FORCE OF NATURE TURNING LIVED EXPERIENCE INTO STORIES THAT MATTER

Some stories are imagined, some researched, and others lived. For Canadian author, speaker, and storyteller Jenny White, all three have become part of an extraordinary literary journey.

A retired Registered Nurse with more than three decades of experience across hospitals, intensive care units, trauma and surgical departments, Public Health, and long-term care, White has transformed her professional knowledge and personal experiences into a growing body of fiction. Today, she writes medical thrillers that place readers inside the complex world of healthcare through an authentic and distinctive perspective: that of a nurse.

Her work goes beyond suspense. Beneath the danger and mystery are questions about healthcare, human vulnerability, professional responsibility, and the pressures facing those who care for others. Through her stories, she explores burnout, staffing shortages, exhaustion, workplace violence, demanding regulations, long hours, and the challenges confronting healthcare professionals.

Her creative work also extends into children's literature. Through the Molson and Jenny Adventure Series, she promotes literacy, learning, imagination, and meaningful connections between children and their parents.

Across both genres, one theme remains consistent: storytelling with purpose.

FROM HEALTHCARE LEADERSHIP TO FICTION

White's healthcare career spanned more than 30 years and exposed her to nearly every dimension of patient care. She worked in intensive care, trauma, surgery, Public Health, and long-term care, beginning as a staff member and eventually moving into leadership.

She holds a Bachelor of Science degree and a Master's degree in Healthcare Administration. As her career progressed, she served as a Director of Care, managing large nursing departments, and later as a Director of Nursing Services for a for-profit organization overseeing seven long-term care homes.

This experience gave her an understanding of healthcare from both the bedside and administrative perspectives, knowledge that would later become a defining element of her fiction.

Her transition into writing, however, began with an unexpected personal challenge.



WHEN LIFE CHANGED EVERYTHING

After retiring, White discovered that she had a life-threatening brain tumor wrapped around her carotid artery. Specialized surgery was required.

Following the extensive procedure, she remained comatose for days. When she awoke, she was disoriented and no longer recognized her husband. Her memories were gone, and she had to relearn how to walk and talk.

For someone who had spent decades caring for patients, suddenly becoming one created a profoundly different understanding of vulnerability.

The following year became a period of rebuilding. Familiar hobbies and interests no longer felt accessible, and White found herself searching for a new direction.

That search led her to writing.

DISCOVERING A NEW VOICE

During rehabilitation, White began taking online writing courses. Learning the craft provided a creative outlet while she continued rebuilding her life.

Her memories returned gradually, and writing became part of that process. Experiences from her healthcare career, observations of human behavior, and personal challenges began finding their way into her stories.

She eventually discovered her niche in medical thrillers.

The choice made sense given her professional background, but White brought a distinctive perspective to the genre. Her stories are told through the experiences of nurses rather than focusing primarily on doctors, allowing readers to explore healthcare from the viewpoint of professionals who work closely with patients and carry significant responsibility.



THE NURSE BEHIND THE THRILLER

White's debut novel, *The Triggering Scent*, introduces Abbey Roberts, a nurse returning to work in an intensive care unit.

Abbey struggles with memory problems and questions whether she can still trust her professional abilities. Her situation becomes more complicated when she discovers that a neurosurgeon connected to the destruction of her life is now working in her facility.

Determined to prevent further harm, Abbey risks her own nursing license in the process.

The novel combines suspense with the realities of healthcare: professional responsibility, ethical dilemmas, patient safety, teamwork, and the emotional pressure placed on caregivers. White's professional experience provides authenticity, while fiction allows her to examine difficult situations through compelling characters and high-stakes narratives.

The Triggering Scent is now published and available through more than 40 platforms, establishing the foundation for a continuing series.

GIVING HEALTHCARE WORKERS A VOICE

White's understanding of healthcare extends beyond clinical environments. Her leadership experience exposed her to the organizational pressures affecting both staff and patients.

She uses her fiction to draw attention to issues such as burnout, short staffing, long hours, exhaustion, workplace violence, extensive regulations, and a lack of recognition for healthcare workers.

Rather than presenting these subjects as statistics or abstract policy issues, she incorporates them into the lives of her characters.

Her goal is to encourage readers to consider the people behind the uniforms, the professionals expected to provide compassion and sound judgment while navigating increasingly demanding working conditions. She hopes these stories contribute to broader conversations about how healthcare professionals can be supported and how the challenges facing the profession can be addressed.

A NEW SETTING FOR ABBEY ROBERTS

The second book in the series, *Terror at the Manor*, moves Abbey Roberts from the hospital into a long-term care environment.

The setting draws naturally from White's professional background. Having worked in and led long-term care operations, she understands the complexities of these environments and the responsibilities carried by staff. The novel explores difficult and disturbing situations within a nursing home setting, transforming real-world challenges into fictional suspense.

Her third book, currently being written under the working title *The Final Consent*, is expected to explore the controversial issue of selling human body parts in North America. The story will follow Abbey as she becomes involved in efforts to expose the industry.

Each installment gives White another opportunity to explore healthcare, ethics, human behavior, and the consequences of difficult choices.

WHEN EXPERIENCE SHAPES CHARACTER

White's storytelling is also informed by experiences outside her professional life.

She has survived cancer, abuse, and brain tumor surgery, and has faced significant adversity throughout her life. Those experiences have contributed to the emotional depth of her characters and the situations they encounter.

For White, personal experience is not simply something to recount. It is a source of emotional understanding. Fear, vulnerability, uncertainty, resilience, and the process of rebuilding are emotions she knows personally, allowing her to approach characters and difficult situations with empathy.

This gives her thrillers another dimension. The suspense is driven not only by external danger but by what her characters stand to lose.

FROM THRILLERS TO CHILDREN'S ADVENTURES

Medical thrillers are only one part of White's creative career.

She is also the author of the *Molson and Jenny Adventure Series*, a collection of 12 children's books available in English and Canadian French.

The series follows Jenny, imagined as White at six years old, and her best friend Molson, a Maltese dog based on her real-life companion. Through their adventures, young readers are encouraged to explore the world through curiosity, imagination, and discovery.

The series also supports White's commitment to literacy. She has partnered with service organizations, including Rotary International, to support literacy and education initiatives. Sponsored boxes of books are being provided to daycares through contributions from White and Rotary.

Her broader goal is to provide every daycare in Canada with a set of children's books that can encourage parent-child bonding, support literacy development, and introduce learning through adventure.

To advance the initiative, she works with grant opportunities, service clubs, and local businesses. For White, publishing is therefore both a creative pursuit and a way to contribute to her community.

THE ART OF REINVENTION

White's two literary paths may appear different, but they share a common foundation: helping people see the world from another perspective.

Her medical thrillers invite readers into healthcare environments and the challenges faced by professionals and patients. Her children's books encourage young readers to discover the world through imagination and adventure.

Her own life reflects that same spirit of discovery.

After decades in healthcare, retirement brought an unexpected health crisis that forced her to rebuild skills, memories, and identity. During rehabilitation, she began learning to write and gradually developed an entirely new career.

She did not enter publishing with years of literary experience. She learned the craft, developed her voice, and transformed professional and personal experiences into stories.

That process demonstrates that reinvention can emerge from circumstances no one plans for.



LOOKING AHEAD

White continues to build her presence as an author and storyteller through her website, social media platforms, and expanding readership.

Her literary plans include continuing the Abbey Roberts series, developing new stories, and growing her children's publishing initiatives. At the same time, she remains committed to using her platform to encourage conversations about healthcare and literacy.

Her ambitions extend beyond selling books. She wants her stories to entertain while also making readers think.

For healthcare professionals, her books can reflect familiar pressures. For general readers, they can provide insight into a world they may know primarily as patients or family members. For children and families, her adventure series offers opportunities to read, learn, and explore together.

A FORCE OF NATURE

Friends, family, and colleagues have described Jenny White as “a force of nature”, a phrase that reflects the determination evident throughout her journey.

She built a career in nursing and healthcare leadership, faced a life-threatening brain tumor, experienced profound memory loss, and had to relearn basic abilities. During rehabilitation, she discovered writing and began developing an entirely new professional identity.

Today, she is creating medical thrillers from the perspective of a nurse, championing literacy through children's books, and supporting community initiatives designed to put books into the hands of young readers.

Her journey is not simply about changing careers. It is about transforming experience into purpose.

Through Abbey Roberts, White explores the realities and ethical challenges of healthcare. Through Jenny and Molson, she encourages children to discover the world through adventure. Through her literacy work, she is helping make reading and learning more accessible to families across Canada.

There are still more stories ahead. With another Abbey Roberts thriller taking shape, a growing children's series, and an expanding literacy mission, White continues to write the next chapter of her own story.

She once had to rediscover who she was.

Today, she is using everything she learned along the way to help others discover something too: that even after life changes everything, there can still be another story waiting to be written.

