

# Providing Extraordinary Help

## Army veteran Jay Liss encourages veterans to file a VA claim and that 'The most important thing is to stay alive'

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Veteran Jay Liss, who has a doctorate in psychiatry, is 83 and lives in St. Louis, Missouri, with his wife, Ellen “Joy.” They have two daughters, Jennifer and Jessica. Dr. Liss served as a captain in the Army for two years, spending one year in Vietnam treating patients as a medical officer and the rest of his time at Fort Leonard Wood in Missouri.

Following his military service, Dr. Liss developed Post Traumatic Stress (PTS), neuropathy, skin cancer, hearing loss and more.

As a psychiatrist, he became familiar with the VA claims process while assisting several veterans at his practice. He connected with VFW Accredited Service Officer Shawna Rector for help addressing his own conditions.

Because PTS is not a visible wound, Dr. Liss believes things were overlooked during his original evaluation. After reviewing his case, Rector helped boost his disability rating to 90%.

“Present treatment only helps the veteran adjust to the symptoms, but there is no cure,” Dr. Liss said. “She has been extraordinarily helpful.”

Dr. Liss sees dozens of patients a month and often refers veterans to the VFW for further assistance. He encourages veterans to complete a VA claim, including for mental health concerns, to receive the compensation they deserve.

“The most important thing is to stay alive,” he said.

Learn more about the [VFW's National Veterans Service \(NVS\) program](#).

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