UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 8-K

CURRENT REPORT Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): July 22, 2015

MFA FINANCIAL, INC.

(Exact name of registrant as specified in its charter)

Maryland

(State or other jurisdiction of incorporation or organization)

1-13991

(Commission File Number)

13-3974868 (IRS Employer Identification No.)

350 Park Avenue, 20th Floor New York, New York (Address of principal executive offices)

10022 (Zip Code)

Registrant's telephone number, including area code: (212) 207-6400

Not Applicable

(Former name or former address, if changed since last report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2. below):

- o Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- o Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- o Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
- o Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Item 7.01 Regulation FD Disclosure

On July 22, 2015, William S. Gorin, Chief Executive Officer of MFA Financial, Inc., issued a letter to colleagues informing them of a recently diagnosed medical condition. A copy of Mr. Gorin's letter is attached as Exhibit 99.1 and is hereby incorporated herein by reference.

Exhibit

99.1

Letter of William S. Gorin, Chief Executive Officer of MFA Financial, Inc.

2

SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

MFA FINANCIAL, INC. (REGISTRANT)

By: /s/ Harold E. Schwartz

Name: Harold E. Schwartz Title: Senior Vice President and General Counsel

Date: July 22, 2015

EXHIBIT INDEX

Exhibit No.	Description
99.1	Letter of William S. Gorin, Chief Executive Officer of MFA Financial, Inc.
	4

Letter of William S. Gorin

Dear Colleagues —

I wanted to let you know that I was very recently diagnosed with cancer, and will begin treatment shortly at Memorial Sloan Kettering Cancer Center a few blocks away from the office.

Having met with my doctors and laid out a treatment schedule, I wanted to let each and every one of you know that I will remain in my role as CEO of MFA Financial and will continue to be actively involved in our business. I could not be more excited about the future of this organization, and I plan to continue applying the same commitment to my job, to MFA and to all of our stakeholders moving ahead.

As you all know, Craig [Knutson, MFA's President and COO,] and I have always worked closely on developing and implementing all strategic aspects of our business, and that will not change. MFA will continue to run as usual, and I will continue to rely on his and the rest of the management team's partnership and guidance during my treatment. The company's Board of Directors has been fully briefed and is very supportive. We have outstanding people throughout the organization, and we move forward with confidence as we work to continue to deliver strong results for our stockholders.

I want to thank my family, friends, colleagues and the Board for their support during this time.

I appreciate your support and want to thank each of you for the outstanding work you do day-in and day-out. As always, I am truly proud to be part of MFA and am honored to be working with such an exceptional group of people.

Sincerely, Bill