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): September 29, 2020

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

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):

Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)

Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)

Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))

Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Securities registered pursuant to Section 12(b) of the Act:

Trading Symbols:	exchange on which registered:	
MFA	New York Stock Exchange	
MFA/PB	New York Stock Exchange	
MFA/PC	New York Stock Exchange	
MFO	New York Stock Exchange	
	Symbols: MFA MFA/PB MFA/PC	Symbols:registered:MFANew York Stock ExchangeMFA/PBNew York Stock ExchangeMFA/PCNew York Stock Exchange

Indicate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 (§230.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (§240.12b-2 of this chapter).

Emerging growth company "

If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act.

(Zip Code)

Item 5.02. Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements of Certain Officers.

(b) and (c) On September 29, 2020, Kathleen A. Hanrahan, Senior Vice President and Chief Accounting Officer of MFA Financial, Inc. (the "Company"), and Sunil Yadav, Senior Vice President of the Company, ceased employment with the Company. Effective September 30, 2020, Stephen D. Yarad, the Company's Chief Financial Officer since 2010, was also appointed as Chief Accounting Officer of the Company.

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: October 2, 2020