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): December 31, 2021

MFA FINANCIAL, INC.

(Exact n	ame of registrant as specified in its charter)			
Maryland	1-13991	13-3974868		
(State or other jurisdiction	(Commission File Number)	(IRS Employer		
of incorporation or organization)		Identification No.)		
One Vanderbilt Avenue, 48th Floor				
New York, New York		10017		
(Address of principal executive offices)		(Zip Code)		
Registrant's telep	phone number, including area code: (212) 207-6	400		
	Not Applicable			
(Former nam	e or former address, if changed since last report)		
Check the appropriate box below if the Form 8-K filing is intended to General Instruction A.2. below):	simultaneously satisfy the filing obligation of th	e registrant under any of the following provisions (see		
" Written communications pursuant to Rule 425 under the Secu	rities Act (17 CFR 230.425)			
" Soliciting material pursuant to Rule 14a-12 under the Exchange	ge Act (17 CFR 240.14a-12)			
" Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-20	b))		
" Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c	(2)		
Securities registered pursuant to Section 12(b) of the Act:				
Title of each class:	Trading	Name of each exchange on which		
Common Stock, par value \$0.01 per share	Symbols: MFA	registered: New York Stock Exchange		
7.50% Series B Cumulative Redeemable Preferred Stock, par value \$		New York Stock Exchange		
6.50% Series C Fixed-to-Floating Rate Cumulative Redeemable Prefer	red Stock, MFA/PC	New 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).

par value \$0.01 per share

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.

	Item 5.02. De	parture of Directors or	Certain Officers:	Election of Directors:	Appointment of Certain Officers	: Compensatory Ar	rangements of Certain Officers
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(b) and (c) Effective December 31, 2021, Michael Roper, a Senior Vice President of MFA Financial, Inc. (the "Company"), was also appointed Chief Accounting Officer of the Company. Mr. Roper assumes the role of Chief Accounting Officer from Stephen D. Yarad, the Company's Chief Financial Officer since 2010, who remains in such role.

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: January 3, 2021