

September 15, 2016



MFA Financial, Inc. Announces Quarterly Dividend of \$0.20 per Share

NEW YORK, Sept. 15, 2016 /PRNewswire/ -- MFA Financial, Inc. (NYSE: MFA) announced today that its Board of Directors declared a regular quarterly cash dividend of \$0.20 per share of common stock for the third quarter of 2016. The dividend will be paid on October 31, 2016, to stockholders of record on September 28, 2016.

MFA is a real estate investment trust primarily engaged in the business of investing, on a leveraged basis, in residential mortgage assets, including residential mortgage-backed securities and residential whole loans.

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