

FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person * Fielder Taryn D.		2. Issuer Name and Ticker or Trading Symbol Veris Residential, Inc. [VRE]		5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <div><div><div><div></div></div><div>Director</div></div><div><div><div></div></div><div>10% Owner</div></div><div><div><div></div></div><div>X Officer (give title below)</div></div><div><div><div></div></div><div>Other (specify below)</div></div></div> <div>EVP, GENERAL COUNSEL & SEC.</div>			
(Last) (First) (Middle) C/O VERIS RESIDENTIAL, INC., HARBORSIDE 3, 210 HUDSON STREET		3. Date of Earliest Transaction (Month/Day/Year) 04/18/2022					
(Street) JERSEY CITY, NJ 07311		4. If Amendment, Date Original Filed(Month/Day/Year)		6. Individual or Joint/Group Filing(Check Applicable Line) <div><div><div></div></div><div>X Form filed by One Reporting Person</div><div><div></div></div><div>Form filed by More than One Reporting Person</div></div>			
(City) (State) (Zip)		Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned					
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			CodeV	Amount(A) or (D)Price			
Time Vesting Restricted Stock Units	04/18/2022		A(1)(2)	24,495A\$ 0(1)	24,495	D	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				CodeV	(A)(D)	Date ExercisableExpiration Date	TitleAmount or Number of Shares				

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Fielder Taryn D. C/O VERIS RESIDENTIAL, INC. HARBORSIDE 3, 210 HUDSON STREET JERSEY CITY, NJ 07311			EVP, GENERAL COUNSEL & SEC.	

Signatures

/s/ Taryn D. Fielder		04/19/2022
Signature of Reporting Person		Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) On April 18, 2022, pursuant to a Restricted Stock Unit Agreement, the Issuer granted the Reporting Person time vesting restricted stock units (each, an "RSU"). Each RSU represents a contingent right to receive one share of the Issuer's common stock, \$0.01 par value per share (the "Common Stock").
- (2) The RSUs generally vest 60% on December 31, 2022, 20% on December 31, 2023, and 20% on April 18, 2025, in each case generally subject to the Reporting Person's continued employment with the Issuer through each such date.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.