

## Form 144 Filer Information

UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549

FORM 144

## Form 144

NOTICE OF PROPOSED SALE OF SECURITIES  
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

## 144: Filer Information

Filer CIK 0001640680

Filer CCC XXXXXXXX

Is this a LIVE or TEST Filing? ☒ LIVE ☐ TEST

## Submission Contact Information

Name

Phone

E-Mail Address

## 144: Issuer Information

Name of Issuer VERIS RESIDENTIAL, INC.

SEC File Number 001-13274

Address of Issuer Harborside 3, 210 Hudson St.  
Ste. 400  
Jersey City  
NEW JERSEY  
07311

Phone (732) 590-1010

Name of Person for Whose Account the Securities are To Be Sold MIRELF VII US SECURITIES LLC

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

Relationship to Issuer 10% Stockholder

## 144: Securities Information

Title of the Class of Securities To Be Sold Common

Name and Address of the Broker Morgan Stanley Smith Barney LLC Executive Financial Services  
1 New York Plaza  
8th Floor  
New York  
NY  
10004

Number of Shares or Other Units To Be Sold 85920

Aggregate Market Value 1378491.89

Number of Shares or Other Units Outstanding 93421769

Approximate Date of Sale 09/10/2025

Name the Securities Exchange NYSE

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

## 144: Securities To Be Sold

|                                   |                                              |
|-----------------------------------|----------------------------------------------|
| Title of the Class                | Common                                       |
| Date you Acquired                 | 10/12/2018                                   |
| Nature of Acquisition Transaction | Open Market Purchase                         |
| Name of Person from Whom Acquired | Open Market                                  |
| Is this a Gift?                   | <input type="checkbox"/> Date Donor Acquired |
| Amount of Securities Acquired     | 57787                                        |
| Date of Payment                   | 10/16/2018                                   |
| Nature of Payment                 | Cash                                         |

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

## 144: Securities To Be Sold

|                                   |                                              |
|-----------------------------------|----------------------------------------------|
| Title of the Class                | Common                                       |
| Date you Acquired                 | 10/11/2018                                   |
| Nature of Acquisition Transaction | Open Market Purchase                         |
| Name of Person from Whom Acquired | Open Market                                  |
| Is this a Gift?                   | <input type="checkbox"/> Date Donor Acquired |
| Amount of Securities Acquired     | 28133                                        |
| Date of Payment                   | 10/15/2018                                   |
| Nature of Payment                 | Cash                                         |

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

## 144: Securities Sold During The Past 3 Months

|                            |                                                                                                             |
|----------------------------|-------------------------------------------------------------------------------------------------------------|
| Name and Address of Seller | MIRELF VI REIT INVESTMENT II, LLC<br>Harborside 3, 210 Hudson St.<br>Ste. 400<br>Jersey City<br>NJ<br>07311 |
| Title of Securities Sold   | Common                                                                                                      |
| Date of Sale               | 09/09/2025                                                                                                  |
| Amount of Securities Sold  | 64080                                                                                                       |
| Gross Proceeds             | 1032924.74                                                                                                  |

## 144: Securities Sold During The Past 3 Months

Name and Address of Seller

MIRELF VII US SECURITIES LLC  
Harborside 3, 210 Hudson St.  
Ste. 400  
Jersey City  
NJ  
07311

Title of Securities Sold

Common

Date of Sale

09/09/2025

Amount of Securities Sold

85920

Gross Proceeds

1384970.29

## 144: Remarks and Signature

Remarks

Date of Notice

09/10/2025

### **ATTENTION:**

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

Signature

/s/ Seth Matthew Goldstein

**ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)**