

LAROCHE RICHARD F JR
Form 4
January 02, 2019

FORM 4

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, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
LAROCHE RICHARD F JR

2. Issuer Name and Ticker or Trading Symbol
NATIONAL HEALTHCARE CORP
[NHC]

5. Relationship of Reporting Person(s) to Issuer
(Check all applicable)

(Last) (First) (Middle)
100 VINE STREET
(Street)
MURFREESBORO, TN 37130
(City) (State) (Zip)

3. Date of Earliest Transaction (Month/Day/Year)
12/31/2018
4. If Amendment, Date Original Filed(Month/Day/Year)

Director 10% Owner
 Officer (give title below) Other (specify below)
6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

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 Ownership (Instr. 4)	
				(A) or (D)	Price				
Common Stock - Held in my name or my wife's name	12/31/2018		G	V	8,000	D \$ 0	186,720	D	
Common Stock - Family LP (BFLP)							29,523	I	General Partner
Common Stock - Fam. Partnership							31,698	D	

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(LR Ent.)

Common
Stock - Fam.
Partnership
(LFLP)

96,000

I

General
Partner

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

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(9-02)

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. Amount or Number of Shares
Option to Purchase Common Stock	\$ 52.93					05/08/2014 ⁽¹⁾ 05/07/2019	Common Stock	7,500
Option to Purchase Common Stock	\$ 61.25					05/07/2015 ⁽¹⁾ 05/06/2020	Common Stock	7,500
Option to Purchase Common Stock	\$ 62.78					06/02/2016 ⁽¹⁾ 06/01/2021	Common Stock	7,500
Option to Purchase Common Stock	\$ 72.94					05/09/2017 ⁽¹⁾ 05/08/2022	Common Stock	7,500
Option to Purchase	\$ 61.9					05/03/2018 ⁽¹⁾ 05/02/2023	Common Stock	7,500

Common
Stock

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
LAROCHE RICHARD F JR 100 VINE STREET MURFREESBORO, TN 37130		X		

Signatures

/s/ Richard F. LaRoche, Jr., by Kristina R. Hulsey,
P.O.A.

01/02/2019

__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) This option was amended November 8, 2018.

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