

ADCARE HEALTH SYSTEMS, INC
 Form 4
 August 22, 2014

FORM 4

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

OMB APPROVAL

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

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 *
CANTONE ANTHONY J

2. Issuer Name and Ticker or Trading Symbol
ADCARE HEALTH SYSTEMS, INC [ADK]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
766 SHREWSBURY AVENUE
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
08/01/2014

____ Director
 ____ Officer (give title below) 10% Owner
 ____ Other (specify below)
 Former 10% owner

TINTON FALLS, NJ 07724

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(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)
			Code	V	Amount	(A) or (D)	Price
Common Stock	08/01/2014		S		200	D	\$ 4.71
Common Stock	08/01/2014		C		134,048	A	\$ 3.73
Common Stock	08/04/2014		S		10,000	D	\$ 4.8
Common Stock	08/11/2014		S		20,000	D	\$ 4.86
Common Stock	08/12/2014		S		5,000	D	\$ 4.98
						I	IRA

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Common Stock	08/13/2014	S	17,943	D	\$ 5	665,531	I	Jt with Spouse
Common Stock	08/13/2014	S	37,200	D	\$ 5.01	628,331	D	
Common Stock	08/13/2014	S	8,261	D	\$ 5	620,070	I	Spouse IRA
Common Stock	08/14/2014	S	139	D	\$ 5	619,931	I	Spouse IRA
Common Stock	08/15/2014	S	24,758	D	\$ 5	595,173	D	
Common Stock	08/18/2014	S	24,500	D	\$ 4.95	570,673	D	
Common Stock	08/18/2014	S	34,973	D	\$ 4.98	535,700	I	CAM ⁽¹⁾
Common Stock	08/19/2014	S	550	D	\$ 5	535,150	D	
Common Stock	08/19/2014	S	8,299	D	\$ 4.96	526,851	I	CRI ⁽²⁾
Common Stock	08/19/2014	S	4,300	D	\$ 4.98	522,551	I	IRA
Common Stock	08/20/2014	S	2,000	D	\$ 4.78	520,551	I	CRI

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

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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 Security (Instr. 3 and 4)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount Number of Shares
2010 Convertible Note	\$ 3.73	08/01/2014		C	134,048	10/26/2010	08/29/2014	Common Stock	134

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
CANTONE ANTHONY J 766 SHREWSBURY AVENUE TINTON FALLS, NJ 07724				Former 10% owner

Signatures

/s/ANTHONY J.
CANTONE

08/22/2014

**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) "CAM" is Cantone Asset Management, LLC, of which the Reporting Person is the managing member.
- (2) "CRI" is Cantone Research, Inc., of which the Reporting Person is the president and sole shareholder.

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.