

LAROCHE RICHARD F JR  
 Form 4  
 May 04, 2018

**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 \*  
 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)  
 05/03/2018  
 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   |  |                                   |
|  |                                      |  |                                | Code  | V   | Amount   |                                   |
| Common Stock - Held in my name or my wife's name |                                      |  |                                |   |   | 194,720  | 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 (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 05/07/2019                                    | Common Stock  | 7,500                         |
| Option to Purchase Common Stock            | \$ 61.25   |                                      |  |                                |  | 05/07/2015 05/06/2020                                    | Common Stock  | 7,500                         |
| Option to Purchase Common Stock            | \$ 62.78   |                                      |  |                                |  | 06/02/2016 06/01/2021                                    | Common Stock  | 7,500                         |
| Option to Purchase Common Stock            | \$ 72.94   |                                      |  |                                |  | 05/09/2017 05/08/2022                                    | Common Stock  | 7,500                         |
| Option to Purchase Common Stock            | \$ 61.9  | 05/03/2018                           |  | A                              | 7,500<br><u>(1)</u>  | 05/03/2018 05/02/2023                                    | Common Stock  | 7,500                         |

## Reporting Owners

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

## Signatures

/s/ Richard F.  
LaRoche, Jr. 05/03/2018

    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) These stock options were granted pursuant to the 2010 Omnibus Equity Incentive Plan on May 3, 2018. The grant and exercise of these stock options are exempt from Section 16(b) pursuant to Rule 16b-3(d).

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.