

LAROCHE RICHARD F JR  
Form 5  
February 04, 2009

**FORM 5**

**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).  
Form 3 Holdings Reported Form 4 Transactions Reported

**ANNUAL 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

1. Name and Address of Reporting Person \*  
LAROCHE RICHARD F JR  
(Last) (First) (Middle)

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

3. Statement for Issuer's Fiscal Year Ended (Month/Day/Year)  
12/31/2008

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

5. Relationship of Reporting Person(s) to Issuer  
(Check all applicable)  
 Director  10% Owner  
 Officer (give title below)  Other (specify below)

6. Individual or Joint/Group Reporting  
(check applicable line)  
 Form Filed by One Reporting Person  
 Form Filed by More than One Reporting Person

2103 SHANNON DRIVE  
(Street)

MURFREESBORO, TN 37129  
(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) | (A) or (D) | Price | 5. Amount of Securities Beneficially Owned at end of Issuer's Fiscal Year (Instr. 3 and 4) | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) |
|---|--------------------------------------|--|--------------------------------|---|------------|-------|--|--|---|
| Common Stock, held in trust, subject to life estate | ^                                    | ^  | ^                              | ^   | ^          | ^     | 29,523   | I  | Remainder in GRAT                                     |
| Common Stock - IRA                                  | ^                                    | ^  | ^                              | ^   | ^          | ^     | 1,038  | D  | ^   |
| Common Stock - Held in my                           | ^                                    | ^  | ^                              | ^   | ^          | ^     | 7,000  | D  | ^   |

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name or my  
wife's name

|  |            |   |   |       |   |      |         |   |                                    |
|--|------------|---|---|-------|---|------|---------|---|------------------------------------|
| Common Stock<br>- Partnership  | Â          | Â | Â | Â     | Â | Â    | 255,152 | D | Â                                  |
| Common Stock<br>- Family<br>Partnership                                  | Â          | Â | Â | Â     | Â | Â    | 23,638  | I | Family<br>Partnership              |
| Common Stock<br>- Family<br>Foundation                                   | Â          | Â | Â | Â     | Â | Â    | 8,635   | I | Trustee of<br>Family<br>Foundation |
| Shares of Series<br>A Conv.<br>Preferred Stock<br>by Trustee of<br>GRAT  | Â          | Â | Â | Â     | Â | Â    | 31,523  | I | Remain. in<br>GRAT                 |
| Shares of Series<br>A Conv.<br>Preferred Stock<br>- IRA                  | Â          | Â | Â | Â     | Â | Â    | 1,921   | D | Â                                  |
| Shares of Series<br>A Conv.<br>Preferred Stock<br>- LaRoche<br>Family LP | 02/19/2008 | Â | W | 8,175 | A | \$ 0 | 12,113  | I | Family<br>Partnership              |
| Shares of Series<br>A Conv.<br>Preferred<br>Stock-LaRoche<br>Enterprises | Â          | Â | Â | Â     | Â | Â    | 330,202 | D | Â                                  |
| Shares of Series<br>A Conv.<br>Preferred<br>Stock-Family<br>Foundation   | Â          | Â | Â | Â     | Â | Â    | 10,480  | I | Trustee of<br>Family<br>Foundation |

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

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SEC 2270  
(9-02)

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

| 1. Title of<br>Derivative<br>Security<br>(Instr. 3) | 2. Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date, if<br>any<br>(Month/Day/Year) | 4. Transaction<br>Code<br>(Instr. 8) | 5. Number<br>of<br>Derivative<br>Securities<br>Acquired | 6. Date Exercisable and<br>Expiration Date<br>(Month/Day/Year) | 7. Title and Amount of<br>Underlying Securities<br>(Instr. 3 and 4) |
|---|--|---|---|--------------------------------------|---|--|---|
|---|--|---|---|--------------------------------------|---|--|---|

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(A) or  
Disposed  
of (D)  
(Instr. 3,  
4, and 5)

(A) (D) Date Exercisable Expiration Date Title Amount or Number of Shares

|                                 |          |   |   |   |   |   |            |            |              |        |
|---------------------------------|----------|---|---|---|---|---|------------|------------|--------------|--------|
| Option to Purchase Common Stock | \$ 27.01 | ^ | ^ | ^ | ^ | ^ | 04/20/2004 | 04/19/2009 | Common Stock | 10,000 |
| Option to Purchase Common Stock | \$ 32.01 | ^ | ^ | ^ | ^ | ^ | 05/03/2005 | 05/02/2010 | Common Stock | 15,000 |
| Option to Purchase Common Stock | \$ 44.25 | ^ | ^ | ^ | ^ | ^ | 05/03/2006 | 05/02/2011 | Common Stock | 15,000 |
| Option to Purchase Common Stock | \$ 52.5  | ^ | ^ | ^ | ^ | ^ | 04/24/2007 | 04/23/2012 | Common Stock | 13,000 |
| Option to Purchase Common Stock | \$ 51.5  | ^ | ^ | ^ | ^ | ^ | 05/01/2008 | 04/30/2013 | Common Stock | 15,000 |

## Reporting Owners

| Reporting Owner Name / Address                                       | Relationships |           |         |       |
|--|---------------|-----------|---------|-------|
|  | Director      | 10% Owner | Officer | Other |
| LAROCHE RICHARD F JR<br>2103 SHANNON DRIVE<br>MURFREESBORO, TN 37129 | ^ X           | ^         | ^       | ^     |

## Signatures

Richard F.  
LaRoche, Jr. 02/04/2009

\*\*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).

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

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