

# 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

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

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*<br>Richard F. LaRoche, Jr.<br>2103 Shannon Drive<br>Murfreesboro TN 37129 | 2. Issuer Name and Ticker or Trading Symbol<br>National HealthCare Corporation [NHC]      | 5. Relationship of Reporting Person(s) to Issuer (check all applicable)<br><input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner<br><input type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below) |
|  | 3. Date of Earliest Transaction Required to be Reported<br>(Month/Day/Year)<br>05/05/2009 |  |
|  | 4. If amendment, Date Original Filed (Month/Day/Year)                                     | 6. Individual or Joint/Group Filing (Check Applicable Line)<br><input checked="" type="checkbox"/> Form filed by One Reporting Person<br><input type="checkbox"/> Form filed by More Than One Reporting Person   |

### Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

| 1. Title of Security<br>(Instr. 3)                              | 2. Transaction<br>Date<br>(mm/dd/yy) | 2A. Deemed<br>Execution<br>Date, if any<br>(mm/dd/yy) | 3. Transaction<br>Code<br>(Instr. 8) |   | 4. Securities Acquired (A) or Disposed of (D)<br>(Instr. 3, 4, & 5) |                  |       | 5. Amount of<br>Securities<br>Beneficially<br>Owned Following<br>Reported<br>Transaction(s)<br>(Instr. 3, & 4) | 6. Ownership<br>Form:<br>Direct (D)<br>or Indirect (I)<br>(Instr. 4) | 7. Nature of Indirect Beneficial<br>Ownership<br>(Instr. 4) |
|---|--------------------------------------|---|--------------------------------------|---|---|------------------|-------|--|--|---|
|   |                                      |   | Code                                 | V | Amount  | (A)<br>or<br>(D) | Price |  |  |   |
| Common Stock, held in trust,<br>subject to life estate          |                                      |   |                                      |   |   |                  |       | 29,523   | I  | Remainder in GRAT   |
| Common Stock - IRA  |                                      |   |                                      |   |   |                  |       | 1,038  | D  |   |
| Common Stock - Held in my name<br>or my wife's name             |                                      |   |                                      |   |   |                  |       | 17,000   | D  |   |
| Common Stock - Partnership                                      |                                      |   |                                      |   |   |                  |       | 255,152  | D  |   |
| Common Stock - Family Partnership                               |                                      |   |                                      |   |   |                  |       | 23,638   | I  | Family Partnership  |
| Common Stock - Family Foundation                                |                                      |   |                                      |   |   |                  |       | 8,635  | I  | Trustee of Family Foundation                                |
| Shares of Series A Conv. Preferred<br>Stock by Trustee of GRAT  |                                      |   |                                      |   |   |                  |       | 31,523   | I  | Remain. in GRAT   |
| Shares of Series A Conv. Preferred<br>Stock - IRA               |                                      |   |                                      |   |   |                  |       | 1,921  | D  |   |
| Shares of Series A Conv. Preferred<br>Stock - LaRoche Family LP |                                      |   |                                      |   |   |                  |       | 12,113   | I  | Family Partnership  |
| Shares of Series A Conv. Preferred<br>Stock-LaRoche Enterprises |                                      |   |                                      |   |   |                  |       | 330,202  | D  |   |
| Shares of Series A Conv. Preferred<br>Stock-Family Foundation   |                                      |   |                                      |   |   |                  |       | 10,480   | I  | Trustee of Family Foundation                                |

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

\* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

Form 4 (cont.)  
 Name and Address of Reporting Person  
 Richard F. LaRoche, Jr.  
 2103 Shannon Drive  
 Murfreesboro TN 37129

Issuer Name and Ticker or Trading Symbol  
 National HealthCare Corporation [NHC]

Period Of Report  
 05/05/2009

**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 (mm/dd/yy) | 3A. Deemed Execution Date, if any (mm/dd/yy) | 4. Transaction Code (Instr. 8) |   | 5. No. of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, & 5) |     | 6. Date Exercisable and Expiration Date (mm/dd/yy) |                 | 7. Title and Amount of Underlying Securities (Instr. 3 & 4) |                            | 8. Price of Derivative Security (Instr. 5) | 9. No. of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3, & 4) | 10. Ownership Form of Derivative Securities: Direct (D) or Indirect (I) (Instr. 4) | 11. Nature of Indirect Beneficial Ownership (Instr. 4) |
|--|--|--------------------------------|--|--------------------------------|---|--|-----|--|-----------------|---|----------------------------|--|--|--|--|
|  |  |                                |  | Code                           | V | (A)  | (D) | Date Exercisable                                   | Expiration Date | Title   | Amount or Number of Shares |  |  |  |  |
| Option to Purchase Common Stock            | \$32.01  |                                |  |                                |   |  |     | 05/03/2005   | 05/02/2010      | Common Stock  | 15,000                     |  | 15,000   | D  |  |
| Option to Purchase Common Stock            | \$44.25  |                                |  |                                |   |  |     | 05/03/2006   | 05/02/2011      | Common Stock  | 15,000                     |  | 15,000   | D  |  |
| Option to Purchase Common Stock            | \$52.50  |                                |  |                                |   |  |     | 04/24/2007   | 04/23/2012      | Common Stock  | 13,000                     |  | 13,000   | D  |  |
| Option to Purchase Common Stock            | \$51.50  |                                |  |                                |   |  |     | 05/01/2008   | 05/01/2013      | Common Stock  | 15,000                     |  | 15,000   | D  |  |
| Option to Purchase Common Stock            | \$37.70  | 05/05/2009                     |  | A                              |   | 15,000   |     | 05/05/2009   | 05/04/2014      | Common Stock  | 15,000                     | \$0  | 15,000   | D  |  |

Explanation of Responses:

By: Richard F. LaRoche, Jr. by Ann S. Benson, POA 5/6/2009  
 \*\*Signature of Reporting Person Date

\*\*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 is insufficient, See Instruction 6 for procedure.

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