Edgar Filing: MCCABE ROBERT A JR - Form 4

MCCABE RO	DBERT A JR											
Form 4	2011											
November 29										OMB A	PPROVAL	
FORM 4 UNITED STATES SECURITIES AND EXCHAIN Washington, D.C. 20549							NGE (COMMISSION		3235-0287		
Check this if no longe subject to Section 16 Form 4 or Form 5	er STATI 5. Filed r									Expires:January 31, 2005Estimated average burden hours per response0.5		
obligation may contin <i>See</i> Instruct 1(b).	s Section 1	7(a) of the 1		ility H	oldi	ng Com	ipany	Act o	f 1935 or Sectio	n		
(Print or Type R	esponses)											
			2. Issuer Name and Ticker or Trading Symbol NATIONAL HEALTH					g	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
			INVESTORS INC [NHI]									
				nte of Earliest Transaction nth/Day/Year) 29/2011					X Director Officer (give below)		b Owner er (specify	
800												
				endment, Date Original nth/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
NASHVILLI	E, TN 37201								Form filed by M Person	More than One Ro	eporting	
(City)	(State)	(Zip)	Table	e I - Nor	1-De	rivative S	Securi	ties Ac	quired, Disposed o	f, or Beneficial	lly Owned	
1.Title of Security (Instr. 3)	ecurity (Month/Day/Year) Execution Date, if			3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5)))	Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Shares Of				Code	V	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)			
Common Stock	11/29/2011			G	V	110	D	<u>(1)</u>	953	D		

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

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.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

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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. Transacti Code (Instr. 8)	5. 6. Date Exercisable and Number Expiration Date of (Month/Day/Year) Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Underlying Securities (Instr. 3 and 4)		8. Pri Deriv Secu (Instr	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Stock Options (Right to Buy)	\$ 45.58					02/22/2011	02/22/2016	Common Stock	15,000	

Reporting Owners

Reporting Owner Name / Address	Relationships						
		10% Owner	Officer	Other			
MCCABE ROBERT A JR 150 3RD AVENUE NORTH SUITE 800 NASHVILLE, TN 37201	Х						
Signatures							
/s/Robert A. McCabe, Jr.	11/29/201	1					
<u>**</u> Signature of Reporting	Date						

<u>**</u>Signature of Reporting Person

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) Gifted 110 shares to a charitable organization.

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.