

Hopkins Roger R
Form 4
August 24, 2009

FORM 4

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

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

OMB APPROVAL

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(Print or Type Responses)

1. Name and Address of Reporting Person *
Hopkins Roger R

2. Issuer Name **and** Ticker or Trading
Symbol
NATIONAL HEALTH
INVESTORS INC [NHI]

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

(Last) (First) (Middle)
2930 PRINCETON LANE
(Street)

3. Date of Earliest Transaction
(Month/Day/Year)
08/20/2009

____ Director ____ 10% Owner
____X____ Officer (give title below) ____ Other (specify below)
Chief Accounting Officer

MURFREESBORO, TN 37129

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

6. Individual or Joint/Group Filing(Check
Applicable Line)
____X____ 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)
Shares Of Common Stock	08/20/2009		M	16,666 A	\$ 33.33 19,852	D	
Shares Of Common Stock	08/20/2009		M	2,500 A	\$ 33.33 22,352	D	
Shares Of Common Stock	08/20/2009		M	5,000 A	\$ 33.33 27,352	D	
Shares Of Common	08/20/2009		F	12,646 D	\$ 33.33 14,706	D	

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Stock

Shares Of
Common
Stock

08/20/2009

F

2,193

D

\$
33.33

12,513

D

Shares Of
Common
Stock

08/20/2009

F

3,676

D

\$
33.33

8,837

D

Common
Stock
(restricted
Stock
Award)

1,500

D

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 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 Securities (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title Amount or Number of Shares
Stock Options (Right to Buy)	\$ 25.29	08/20/2009		M	16,666	02/25/2009 02/25/2013	Nhi Common Stock 16,666
Stock Options (Right to Buy)	\$ 29.24	08/20/2009		M	2,500	02/04/2009 02/04/2013	Nhi Common Stock 2,500
Stock Options (Right to Buy)	\$ 24.5	08/20/2009		M	5,000	07/21/2009 07/20/2011	Nhi Common Stock 5,000
Stock Options	\$ 25.29					02/25/2010 02/25/2013	Nhi Common 16,666

(Right to Buy)						Stock	
Stock Options (Right to Buy)	\$ 24.5	07/21/2010	07/20/2011	Nhi Common Stock	5,000		
Stock Options (Right to Buy)	\$ 25.29	02/25/2011	02/25/2013	Nhi Common Stock	16,668		
Stock Options (Right to Buy)	\$ 24.5	07/20/2011	07/20/2011	Nhi Common Stock	5,000		

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Hopkins Roger R 2930 PRINCETON LANE MURFREESBORO, TN 37129			Chief Accounting Officer	

Signatures

/s/Roger R.
Hopkins

08/24/2009

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 is insufficient, *see* Instruction 6 for procedure.

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