SEC For	m 4														
FORM 4		UNITED	STA	TES S			ES AND E		NGE CO	OMMI	SSION	OM	B APPRO	/AL	
Section obligat	this box if no lo n 16. Form 4 or ions may contin tion 1(b).		STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940							SHIP	OMB APPROVAL OMB Number: 3235-0287 Estimated average burden hours per response: 0.5				
1. Name and Address of Reporting Person [*] Cook John L					2. Issue SEC	er Name a r URITY	nd Tic NA	eporting Person(s) to Issuer e) 10% Owner							
(Last) (First) (Middle) 2424 EAST SUMMER OAK CIRCLE					CORP [SNFCA] X Director 10% Owner 3. Date of Earliest Transaction (Month/Day/Year) Officer (give title below) Other (specify below) 07/16/2021 Director University										
(Street) SANDY	84092		4. If An	If Amendment, Date of Original Filed (Month/Day/Year)						6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person					
(City)	(5	State)	(Zip)									Form fileo Person	l by More tha	n One Report	ing
		Т	able I - Non	-Deriva	ative S	Securitie	es A	cquired, Dis	sposed o	of, or Ben	eficial	y Owned			
1. Title of Security (Instr. 3)			2. Transa Date (Month/E			2A. Deemed Execution Date if any (Month/Day/Ye		Code (Instr	ו Disposed	ecurities Acquired (A) oosed Of (D) (Instr. 3, 4		Beneficially Owned Follo	Forn (D) c	n: Direct I or Indirect I nstr. 4) (7. Nature of Indirect Beneficial Ownership (Instr. 4)
								Code V	Amount (A) (D)		Price	Reported Transaction (Instr. 3 and			
								quired, Disp s, options,				Owned			
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/Yea	Code (Instr.		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 Securities Underlying Derivative Security (Instr. 3 and 4)		Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	e V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Share		Transaction(s] (Instr. 4)	5)	
Director Stock Option (right to buy)	\$3.22 ⁽¹⁾	12/06/2013		A		7,331 ⁽¹⁾		03/06/2014	12/06/2023	Class A Common Stock	7,331	¹⁾ \$3.22 ⁽¹⁾	7,331 ⁽¹⁾	D	
Director Stock Option (right to buy)	\$3.22 ⁽²⁾	12/07/2013		A		1,515 ⁽²⁾		03/07/2014	12/07/2023	Class A Common Stock	1,515 ⁽	²⁾ \$3.22 ⁽²⁾	1,515 ⁽²⁾	D	
Director Stock Option (right to buy)	\$3.52 ⁽³⁾	12/05/2014		A		7,212 ⁽³⁾		03/05/2015	12/05/2024	Class A Common Stock	7,2120	³⁾ \$3.52 ⁽³⁾	7,212 ⁽³⁾	D	
Director Stock Option (right to buy)	\$3.52 ⁽⁴⁾	12/07/2014		A		1,444 ⁽⁴⁾		03/07/2015	12/07/2024	Class A Common Stock	1,444	⁴⁾ \$3.52 ⁽⁴⁾	1,444 ⁽⁴⁾	D	
Director Stock Option (right to buy)	\$4.94 ⁽⁵⁾	12/04/2015		A		6,868 ⁽⁵⁾		03/04/2016	12/04/2025	Class A Common Stock	6,8680	⁵⁾ \$4.94 ⁽⁵⁾	6,868 ⁽⁵⁾	D	
Director Stock Option (right to buy)	\$4.94 ⁽⁶⁾	12/07/2015		A		1,374 ⁽⁶⁾		03/07/2016	12/07/2025	Class A Common Stock	1,374	⁶⁾ \$4.94 ⁽⁶⁾	1,374 ⁽⁶⁾	D	
Director Stock Option (right to buy)	\$5.45 ⁽⁷⁾	12/02/2016		A		6,542 ⁽⁷⁾		03/02/2017	12/02/2026	Class A Common Stock	6,5420	⁷⁾ \$5.45 ⁽⁷⁾	6,542 ⁽⁷⁾	D	
Director Stock Option (right to buy)	\$5.45 ⁽⁸⁾	12/07/2016		A		1,308 ⁽⁸⁾		03/07/2017	12/07/2026	Class A Common Stock	1,308	⁸⁾ \$5.45 ⁽⁸⁾	1,308 ⁽⁸⁾	D	
Director Stock Option (right to buy)	\$4.11 ⁽⁹⁾	12/01/2017		A		1,246 ⁽⁹⁾		03/01/2018	12/01/2027	Class A Common Stock	1,246	⁹⁾ \$4.11 ⁽⁹⁾	1,246 ⁽⁹⁾	D	
Director Stock Option (right to buy)	\$4.74 ⁽¹⁰⁾	11/30/2018		A		5,935 ⁽¹⁰⁾		02/28/2019	11/30/2028	Class A Common Stock	5,935 ⁽	¹⁰⁾ \$4.74 ⁽¹⁰⁾	5,935 ⁽¹⁰⁾	D	

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) Code (Instr. 5. Number Derivative Securities Acquired (or Dispose of (D) (Instr. 3, 4 and 5)			ve Expiration Date es (Month/Day/Year) ed (A) ossed nstr.			7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s)	10. Ownership Form: 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		(Instr. 4)		
Director Stock Option (right to buy)	\$4.74 ⁽¹¹⁾	11/30/2018		A		1,188 ⁽¹¹⁾		02/28/2019	11/30/2028	Class A Common Stock	1,188(11)	\$4.74 ⁽¹¹⁾	1,188 ⁽¹¹⁾	D	
Director Stock Option (right to buy)	\$4.93 ⁽¹²⁾	12/06/2019		A		5,650 ⁽¹²⁾		03/06/2020 ⁽¹²⁾	12/06/2029	Class A Common Stock	5,650 ⁽¹²⁾	\$4.93 ⁽¹²⁾	5,650 ⁽¹²⁾	D	
Director Stock Option (right to buy)	\$4.93 ⁽¹³⁾	12/06/2019		A		1,130 ⁽¹³⁾		03/06/2020 ⁽¹³⁾	12/06/2029	Class A Common Stock	1,130(13)	\$4.93 ⁽¹³⁾	1,130 ⁽¹³⁾	D	
Director Stock Option (right to buy)	\$3.58 ⁽¹⁴⁾	03/27/2020		A		2,691 ⁽¹⁴⁾		06/27/2020 ⁽¹⁴⁾	03/27/2030	Class A Common Stock	2,691(14)	\$3.58 ⁽¹⁴⁾	2,691 ⁽¹⁴⁾	D	
Director Stock Option (right to buy)	\$3.58 ⁽¹⁵⁾	03/27/2020		A		3,766 ⁽¹⁵⁾		06/27/2020 ⁽¹⁵⁾	03/27/2030	Class A Common Stock	3,766 ⁽¹⁵⁾	\$3.58 ⁽¹⁵⁾	3,766 ⁽¹⁵⁾	D	

Explanation of Responses:

1. This option was granted on December 6, 2013 as an option for 4,842 shares of Class A Common Stock under the 2006 Director Stock Option Plan at an exercise price of \$4.85 per share, but adjusted pursuant to the anti-dilution provisions of the 2006 Director Stock Option Plan to reflect 5% stock dividends paid on February 7, 2014, February 6, 2015, February 5, 2016, February 3, 2017, February 2, 2018, February 1, 2019, and February 7, 2020; a 2 1/2% stock dividend paid on July 17, 2020; and a 5% stock dividend paid on July 16, 2021.

2. This option was granted on December 7, 2013 as an option for 1,000 shares of Class A Common Stock under the 2006 Director Stock Option Plan at an exercise price of \$4.85 per share, but adjusted pursuant to the anti-dilution provisions of the 2006 Director Stock Option Plan to reflect 5% stock dividends paid on February 7, 2014, February 6, 2015, February 5, 2016, February 3, 2017, February 2, 2018, February 1, 2019, and February 7, 2020; a 2 1/2% stock dividend paid on July 17, 2020; and a 5% stock dividend paid on July 16, 2021.

3. This option was granted on December 5, 2014 as an option for 5,000 shares of Class A Common Stock under the Amended and Restated 2014 Director Stock Option Plan (the "2014 Director Stock Option Plan") at an exercise price of \$5.02 per share, but adjusted pursuant to the anti-dilution provisions of the 2014 Director Stock Option Plan to reflect 5% stock dividends paid on February 6, 2015, February 5, 2016, February 3, 2017, February 2, 2018, February 1, 2019, and February 7, 2020; a 2 1/2% stock dividend paid on July 17, 2020; and a 5% stock dividend paid on July 16, 2021.

4. This option was granted on December 7, 2014 as an option for 1,000 shares of Class A Common Stock under the 2014 Director Stock Option Plan at an exercise price of \$5.02 per share, but adjusted pursuant to the anti-dilution provisions of the 2014 Director Stock Option Plan to reflect 5% stock dividends paid on February 6, 2015, February 5, 2016, February 3, 2017, February 2, 2018, February 1, 2019, and February 7, 2020; a 2 1/2% stock dividend paid on July 17, 2020; and a 5% stock dividend paid on July 16, 2021.

5. This option was granted on December 4, 2015 as an option for 5,000 shares of Class A Common Stock under the 2014 Director Stock Option Plan at an exercise price of \$6.72 per share, but adjusted pursuant to the anti-dilution provisions of the 2014 Director Stock Option Plant or reflect 5% stock dividends paid on February 5, 2016, February 3, 2017, February 2, 2018, February 1, 2019, and February 7, 2020; a 2 1/2% stock dividend paid on July 17, 2020; and a 5% stock dividend paid on July 16, 2021.

6. This option was granted on December 7, 2015 as an option for 1,000 shares of Class A Common Stock under the 2014 Director Stock Option Plan at an exercise price of \$6.72 per share, but adjusted pursuant to the anti-dilution provisions of the 2014 Director Stock Option Plan to reflect 5% stock dividends paid on February 5, 2016, February 3, 2017, February 2, 2018, February 1, 2019, and February 7, 2020; a 2 1/2% stock dividend paid on July 17, 2020; and a 5% stock dividend paid on July 16, 2021.

7. This option was granted on December 2, 2016 as an option for 5,000 shares of Class A Common Stock under the 2014 Director Stock Option Plan at an exercise price of \$7.03 per share, but adjusted pursuant to the anti-dilution provisions of the 2014 Director Stock Option Plan to reflect 5% stock options paid on February 5, 2016, February 3, 2017, February 2, 2018, February 1, 2019, and February 7, 2020; a 2 1/2% stock dividend paid on July 17, 2020; and a 5% stock dividend paid on July 16, 2021.

8. This option was granted on December 7, 2016 as an option for 1,000 shares of Class A Common Stock under the 2014 Director Stock Option Plan at an exercise price of \$7.36 per share, but adjusted pursuant to the anti-dilution provisions of the 2014 Director Stock Option Plan to reflect 5% stock options paid on February 5, 2016, February 3, 2017, February 2, 2018, February 1, 2019, and February 7, 2020; a 2 1/2% stock dividend paid on July 17, 2020; and a 5% stock dividend paid on July 16, 2021.

9. This option was granted on December 1, 2017 as an option for 1,000 shares of Class A Common Stock under the 2014 Director Stock Option Plan at an exercise price of \$5.05 per share, but adjusted pursuant to the anti-dilution provisions of the 2014 Director Stock Option Plan to reflect 5% stock dividends paid on February 2, 2018, February 1, 2019, and February 7, 2020; a 2 1/2% stock dividend paid on July 17, 2020; and a 5% stock dividend paid on July 16, 2021.

10. This option was granted on November 30, 2018 as an option for 5,000 shares of Class A Common Stock under the 2014 Director Stock Option Plan at an exercise price of \$5.52 per share but adjusted pursuant to the anti-dilution provisions of the 2014 Director Stock Option Plan to reflect 5% stock dividends paid on February 1, 2019 and February 7, 2020; a 2 1/2% stock dividend paid on July 17, 2020; and a 5% stock dividend paid on July 16, 2021.

11. This option was granted on November 30, 2018 as an option for 1,000 shares of Class A Common Stock under the 2014 Director Stock Option Plan at an exercise price of \$5.52 per share but adjusted pursuant to the anti-dilution provisions of the 2014 Director Stock Option Plan to reflect 5% stock dividends paid on February 1, 2019 and February 7, 2020; a 2 1/2% stock dividend paid on July 17, 2020; and a 5% stock dividend paid on July 16, 2021.

12. This option was granted on December 6, 2019 as an option for 5,000 shares of Class A Common Stock under the 2014 Director Stock Option Plan at an exercise price of \$5.46 per share but adjusted pursuant to the anti-dilution provisions of the 2014 Director Stock Option Plan to reflect a 5% stock dividend paid on February 7, 2020. The option vests in four equal quarterly installments of Class A Common Stock, beginning on March 6, 2019, until such shares are fully vested; a 2 1/2% stock dividend paid on July 17, 2020; and a 5% stock dividend paid on July 16, 2021.

13. This option was granted on December 6, 2019 as an option for 1,000 shares of Class A Common Stock under the 2014 Director Stock Option Plan at an exercise price of \$5.46 per share but adjusted pursuant to the mini option provisions of the 2014 Director Stock Option Plan to reflect a 5% stock dividend paid on February 7, 2020. The option vests in four equal quarterly installments of Class A Common Stock, beginning on March 6, 2019, until such shares are fully vested; a 2 1/2% stock dividend paid on July 17, 2020; and a 5% stock dividend paid on July 16, 2021.

14. This option was granted on March 27, 2020 as an option for 2,500 shares of Class A Common Stock under the 2014 Director Stock Option Plan at an exercise price of \$3.76 per share. The option vests in four equal quarterly installments of Class A Common Stock, beginning on June 27, 2020, until such shares are fully vested; a 2 1/2% stock dividend paid on July 17, 2020; and a 5% stock dividend paid on July 16, 2021. 15. This option was granted on March 27, 2020 as an option for 3,500 shares of Class A Common Stock under the 2014 Director Stock Option Plan at an exercise price of \$3.76 per share. The option vests in four equal quarterly installments of Class A Common Stock, beginning on June 27, 2020, until such shares are fully vested; a 2 1/2% stock dividend paid on July 17, 2020; and a 5% stock dividend paid on July 16, 2021.

> 10/13/2021 /s/ John L Cook ** Signature of Reporting Person

Date

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)

** 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.

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 Number.