

Heather Polk



Creativity Unleashed
Rewards Every Soul

Art C.U.R.E.S All
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HIRSHHORN

Art that responds,
reflects, and asks you
to ask questions

The Hirshhorn is the national museum of modern and contemporary art, exploring the art and ideas of our time. We're committed to sharing the power of art—to bring people together, to offer inspiration, to respond to history in real time—with everyone, for free.

Our building is open Thursday–Sunday (10 am–5:30 pm), and our outdoor sculpture garden is open daily (10 am–4:30 pm). Plan your visit.

But the Hirshhorn is more than just a destination. Our conversations with today's artists are recorded and available on our YouTube.



Heather is a healthcare sales and marketing professional with an active art practice that fills her nights and weekends. She resides in Chicago where she relocated from Atlanta over a decade ago. She is passionate about supporting caregivers, encouraging them to practice self-care and gain empowerment through creative expression. She hopes to one day open an art studio offering programming to those suffering from chronic disease so that they and their caretakers can utilize the empowerment of artistic creativity as part of their disease management. Her art practice is centered around collage and abstract painting.

About Art C.U.R.E.S All

Art C.U.R.E.S All is the brainchild of Heather Polk.

Heather is a healthcare sales and marketing professional with an active art practice that fills her nights and weekends. She resides in Chicago where she relocated from Atlanta over a decade ago. She is working toward establishing a small art studio that will support caregivers, enabling them to practice self-care and gain empowerment through creative expression. Her art practice is centered around collage and abstract painting.

Artist Statement:

“CURES” is an acronym for Creativity Unleashed Rewards Every Soul. I believe in the power of creative expression. Whether you are observing art, making art or working on some creative project, the stimulation to our senses from art and creativity usually lifts our spirits, tugs at our curiosity and brings us joy. I’m partial to the potency of people creating with their own hands. Creating with our own hands is part power and part vulnerability; it’s important to see the power in being vulnerable.







**ART
CURES
ALL**

Creativity As A Drug

Please read the product insert below for additional information, (reads as if “creativity” is a drug):

Hypothesis: Art cures all. Creativity is an innate trait every person possesses, however millions of people, perhaps billions, regularly dismiss their talents or abilities because they are comparing their gifts to other people’s gifts/talents. This world has enough room for everyone’s creativity, if we would all explore and express ourselves.

Diagnosis: You are blessed with creativity, use it or lose it. Art can heal and possibly serve as your cure.

Warning: Creativity is contagious! There is an increased risk of seriously inspiring others, developing a following and being celebrated while you’re alive. (Honoring artists while they are alive is a real thing.)

Indications: Creativity is indicated for reducing signs and symptoms of stress associated with day to day life. Creativity has induced clinical responses in pediatric and adult patients who have not had an adequate response to conventional therapy. Incorporating creativity within normal daily activities has proven positive emotional and physical outcomes.

Dosage & Administration: Creativity is expressed by a person’s willingness to explore their curiosity and seek alternative routes of healing. It should be carefully explored where there is pain, bruising and sensitivity. Creativity can be dosed up to 100 new ideas per day and there should be consideration for multiple mediums of creative expression.

Concomitant Therapies: Creativity may be used as mono therapy or concomitantly with healthy supplements and approved products.

Creativity Refills: Unlimited, inspiration is everywhere.

Side Effects: The most serious reactions reported have been: Happiness, joy, eustress, gratitude, uncontrollable smiling, excitement, peace, relaxed mood, sense of freedom, reversal of DIS-EASE, healing, increased feelings of love, faith & hope; and overall satisfaction despite life’s circumstances.

Mechanism of Action: As creativity is explored it neutralizes all negative energy and begins to bind to human DNA. Creativity triggers a natural anti-inflammatory cascade resulting in happy feelings and decreased inflammation at the molecular level. It is believed that creativity is an innate quality all humans possess, but very often humans dismiss their creativity as being insufficient or lacking.

Contraindications: NONE! Creativity can safely be combined with all aspects of life.

Overdosage: The maximum tolerated dose of creativity has not been established. Doses of up to a lifetimes worth of art have been created and amassed without dose-limiting toxicities. In cases of over-dosage, it is recommended that patients be monitored closely for any adverse reactions or effects, and appropriate symptomatic treatment initiated immediately.

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The information on this site is not intended or implied to be a substitute for professional medical advice, diagnosis or treatment. All content, including text, graphics, images and information, contained on or available through this web site is for general information purposes only. Art C.U.R.E.S All makes no representation and assumes no responsibility for the accuracy of information contained on or available through this web site, and such information is subject to change without notice. You are encouraged to confirm any information obtained from or through this web site with other sources, and review all information regarding any medical condition or treatment with your physician. NEVER DISREGARD PROFESSIONAL MEDICAL ADVICE OR DELAY SEEKING MEDICAL TREATMENT BECAUSE OF SOMETHING YOU HAVE READ ON OR ACCESSED THROUGH THIS WEB SITE.

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*HMOs and PPOs often require a referral or pre-authorization prior to a patient’s registration. Failure of the patient or their physician to provide a proper referral or pre-authorization will result in a denial of payment by insurance. The patient is then held responsible for payment of the bill.

Why Art Cures All

Artist Heather Polk believes art cures all, how being creative is an act of activism and self-care, and more.

You believe art cures all. Can you talk more about that?

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Art is your side hustle. How do you make time for creativity?

I have been deliberate about my art not being a hobby or a hustle. I invest a lot of time in learning about quality materials and contemplating the ways I want to expand my art practice. The time I give to my art making — after work and on weekends — a lot of people spend watching television or pursuing other interests. I go to my office/studio, turn on some music and create. Creating is a priority for me and a part of my self-care routine.

What are your studio must-haves?

Music; I like to listen to a variety of music while creating. I use X-ACTO knives and always keep blade refills close by. My scissors are important, too. My favorite glue is rubber cement. I love all the magazines that I collect, and I’m appreciative of all the people who save their magazines for me. I use decorative paper to add depth to the imagery; Arches and Strathmore are my favorite heavyweight paper brands. And I recently purchased some pigment sticks that I’m excited to experiment with for mixed-media pieces.



Where do you draw inspiration from for your inventive collages?

The inspiration for my art is personal experience, curiosities and a desire to create work that is uplifting, particularly of Black bodies. I want my art to leave an indelible mark on your mind about Black beauty. Lastly, I love magazines; flipping through the pages stokes my imagination and I love remixing what I find.

Do you consider your creations acts of activism?

I am not purposely creating as a form of activism, but creating is a form of activism. Regardless of your subject matter, believing in your idea and putting in the work to make it come to life is still pretty radical. My work sometimes addresses topics that can feel like activism, but it's me expressing my perspective on a subject or idea.

How has your artwork evolved over time, especially in the past year?

In 2020, my work was steady and constant. I am more curious and confident in 2021 and want to explore some ideas with a mix of media. I am thinking bigger might be better for some of my ideas, but I love paper and can't see myself ever abandoning that medium.



What has it been like to have your work featured in top publications like New York Magazine, the Washington Post and Artful Living?

Seeing my work featured in a few top publications this past year was both humbling and affirming. I was so appreciative for the opportunity and recognition. It was a confidence booster in a way — not one I'm dependent on, but one that says my work can thrive and be enjoyed on a larger platform. I started making art solely for myself. I was caught off-guard when friends started requesting to buy originals or purchase prints. The icing on the cake is that other people enjoy my art as much as I enjoy making it.

What emotions do you hope to evoke with your art?

Optimism and hope. I want people to see power and beauty in my art. I hope people are inspired to create with everyday materials they might easily have at their fingertips and value their creation.



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