I made my own preset mesh for the buildings to weld to your ground mesh. They are almost perfect squares and make them easy to weld into the ground. If you want i can send them to you and you can merge them to your scene

TO weld two objects , select one of them and covert it to editable mesh , select vertex in the drop down for editable mesh. scroll down on the tool box right under your modifier box and hit attach. then select the object or mesh you want to attach and click it. Make sure when you attach the objects in the place you want them to be attatched. (ex you cut a hole in a object and want to fill it with another plain/mesh just move the mesh or plain and put it near the hole in your main mesh and attach it) To weld it hit editable mesh on your newly selected plain. Scroll down on the tool bar below the modifier box.Look for a set of buttons with "weld" above the set. There should be a "selected" Button. Next to it there should be a value box. I usally set it to like 600 so it has a good amount of space to weld. Now select the two vetices you want to weld together. And hit the "selected button". They should merge to make one vert. , instead of 2. Make sure when you hit selected they are colse together or it will stretch your mesh out alot. If you get a error increase the value but as long as there quite close to each other(i mean very close) they should weld and not stretch the mesh out too much. This may seem very complicated but is is quite easy if you need any more help i can post some pics. Once you go through the process once it catches on real quick.